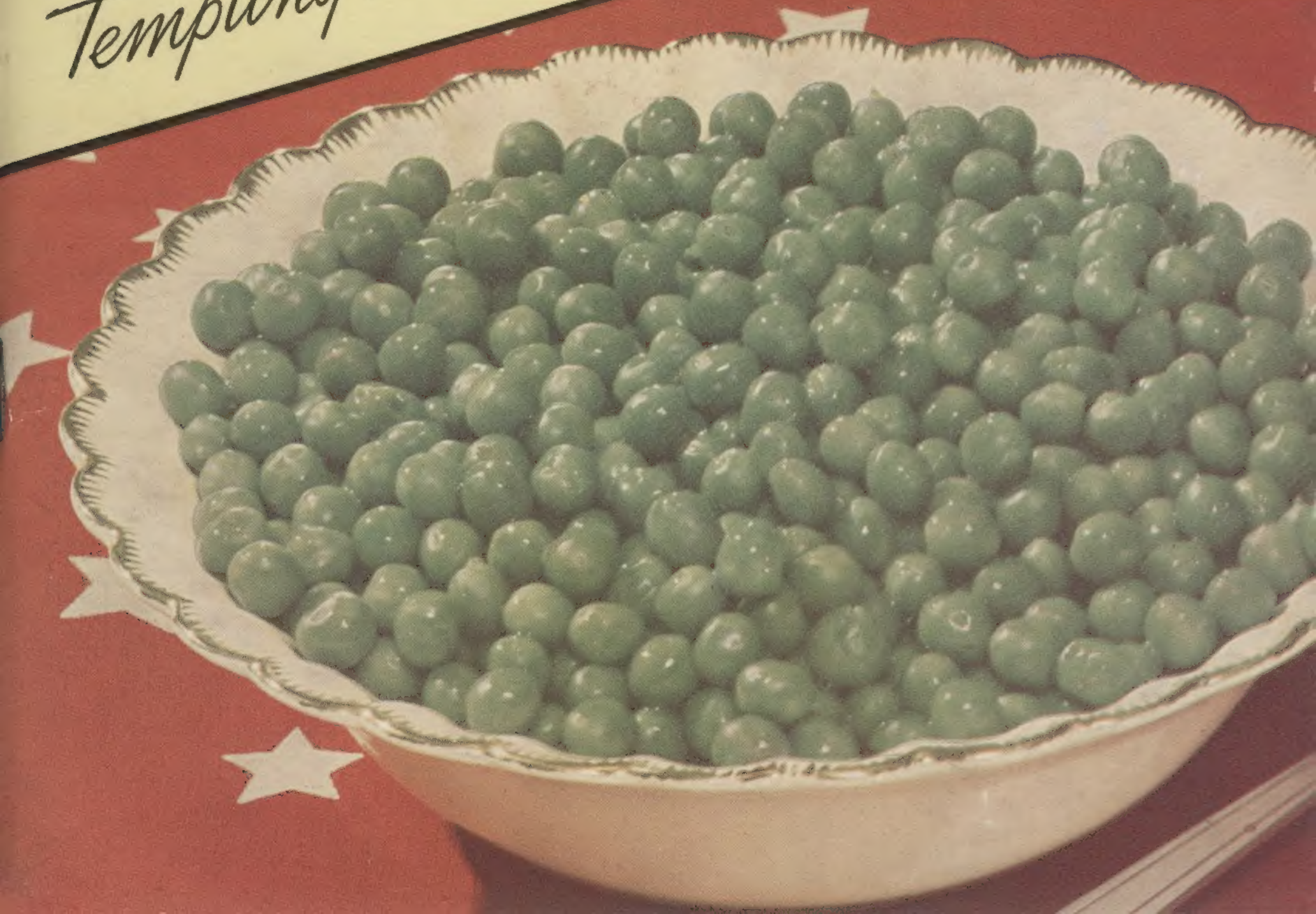




BIRDS EYE COOK BOOK

Tempting Recipes for Good Meals!



More than 60 Birds Eye Foods!



BIRDS EYE COOK BOOK

Consumer Service Department

FROSTED FOODS SALES CORPORATION, 250 PARK AVE., N. Y.



A MIRACLE COMES TO THE KITCHEN

You've dreamed of it! (Of course!) You've hoped for it! (Who hasn't?) And maybe you thought the day would never come!

But here it is . . . a glorious fact today, for now you can buy honest-to-goodness, farm-fresh foods the year 'round! Just think, Strawberries . . . flavorful and fresh in June or January. Corn on the Cob, perfect golden ears . . . yours now, regardless of season.

And here really is another miracle for today's busy homemaker.

Never again need you spend precious time washing and trimming spinach, shelling peas

and Lima beans . . . for now these grand vegetables come right to you, farm-fresh and scrupulously clean, ready to cook.

Now you can buy the choicest fish from the ocean, trimmed of all waste, even the bones. And the glistening fish fillets and steaks are all ready to pop into the pan.

Even the finest quality, selected poultry and meats are trimmed of excess waste before you buy. Always guaranteed to satisfy, they come to you ready for the oven.

What is this miracle? It's Birds Eye Quick-Frozen Foods!

HOW DOES IT WORK?

To explain it simply let us take one Birds Eye Food—follow it from farm to you—and see just how the miracle works.

Take Birds Eye Peas, for example. First, we plant special kinds of seeds in those parts of the country where peas are known to grow finer, sweeter, more tender.



When the peas reach flavor peak our men hurry out into the fields and harvest them.

The peas are then shelled—washed—cleaned—packaged and put into the quick-freezing machines.

And here is where the miracle comes in.

The button is pressed. And, instantaneously, a blast of arctic cold is released!

This cold is so intense that it catches the just-picked flavor at its peak and **HOLDS IT IN FOR YOU**—bringing the full farm-



freshness right to your dining room table!

Indeed, brings it to you often more gloriously fresh than most peas you buy in summer at the vegetable market!

Here's why . . . peas are delicate. They begin losing flavor within a few hours after picking. Now most peas even in June take anywhere from 12 to 72 hours to reach the market. During that time the flavor has begun to fade and lose sweetness.

GARDEN-FRESH

But the quick-freezing machines used for Birds Eye are located *near the farm!* Flavor is captured right at its tastiest, tenderest peak—*only 4 hours after picking!*



So Birds Eye Peas reach you not days old—but really *hours fresh!* They are really **SUPER-FRESH!**

And so it is with all Birds Eye Foods. Garden-fresh out of season as well as in! Deliciously fresh in winter as well as summer. At their best all the year around.

RASPBERRIES IN NOVEMBER

Think of serving farm-fresh raspberries in November and field-fresh corn in March! Think of eating ocean-fresh fish thousands of miles from the ocean! Or oysters in the middle of July! Or reveling in chicken as tender as the farmers eat!

These are no idle fancies. With Birds Eye they are delicious realities! Realities that open up a whole new food-world!

GOOD FOODS FOR EVERY DAY

There are no menu-planning worries or disappointments if you use Birds Eye Foods. The peas will always be extra good—the strawberries just like those you had last time. Every package, every ounce of Birds Eye Foods you serve is the same unvarying quality. Whether you buy peaches or cauliflower, chicken or oysters, Birds Eye guarantees every morsel to be completely satisfactory . . . or your money refunded.

3

Here are those glorious Birds Eye Peas served in a new, delightful dish, called Savory Peas. Just sauté bits of onion and celery in butter, add a box of Peas, seasonings (including thyme), and 2 tablespoons water. Cover and cook until tender, then serve them with pimiento strips.



How to serve tonight's dinner in 20 minutes!



Garden-fresh spinach is the vegetable . . . Birds Eye Spinach as flavorful as the day it was picked. And to help make this an easy-to-prepare dinner, Birds Eye Spinach comes all cleaned, ready to cook. There are no tough stems—no sand or grit. You just open the package, cook, and serve every morsel. Children love Birds Eye Spinach and it is good for them, too, because vitamins are retained. (Claims made for Birds Eye Spinach have been accepted by the American Medical Association.)



Yes, it's easy to prepare and serve a complete dinner within 20 minutes with Birds Eye Frosted Foods. Let's have ocean-fresh flounder as the main course tonight—flavorful Birds Eye Flounder Fillets, cleaned, boned, and quick-frozen as fast as these fine fish could be taken off the trawler in from the Grand Banks. All the ocean flavor of this fish has been captured. All there is to do is unwrap glistening cellophane and drop waste-free, meaty fillets in the pan.

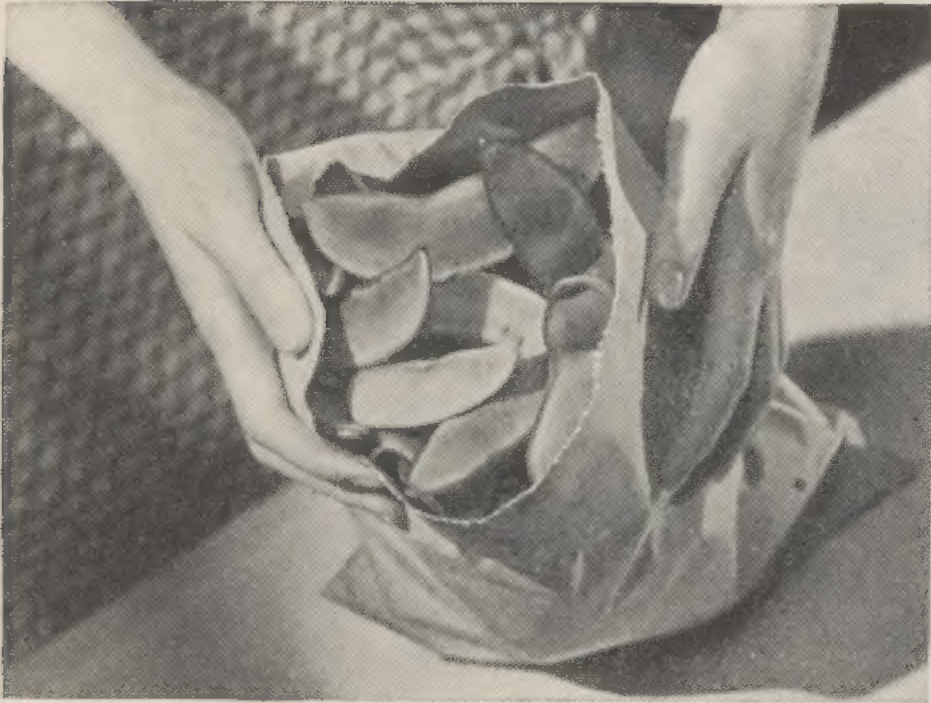


Ah, dessert! Peaches, beauties of just right ripeness, sliced and sugared. Just thaw and they are ready to serve. Imagine being able to serve fresh peaches any time of the year. Of course, they're Birds Eye Peaches.

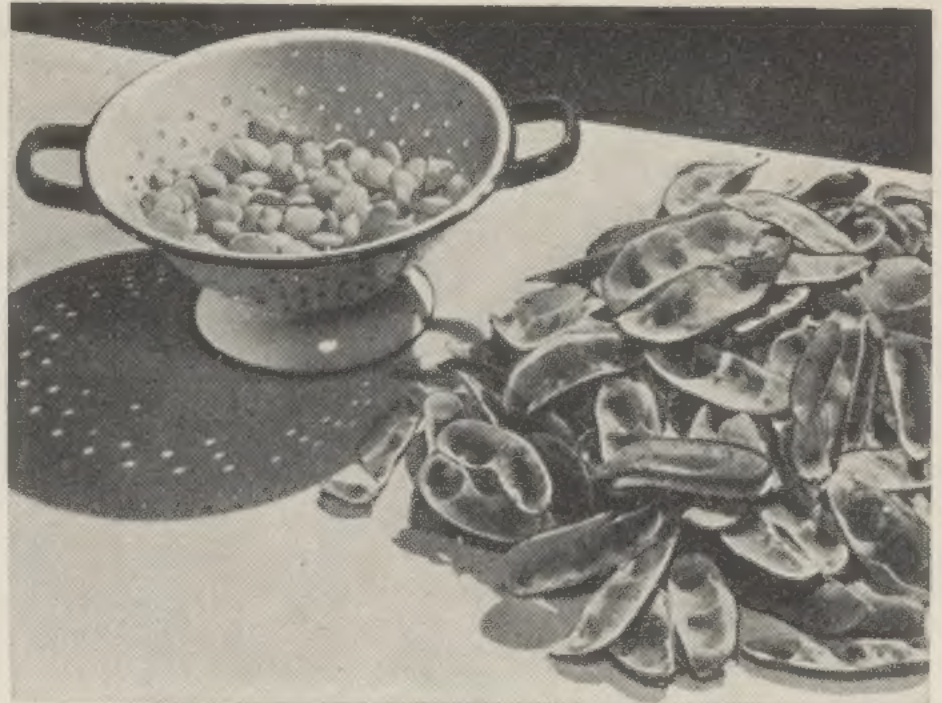
You'll find that complete Birds Eye dinners will save you much kitchen work and your whole family will be more than satisfied with the freshness and full flavor of these really modern foods.

This is just one idea for a Birds Eye dinner. Your Birds Eye Foods dealer will be very glad to give you many other suggestions.

IT'S SO EASY WITH BIRDS EYE!



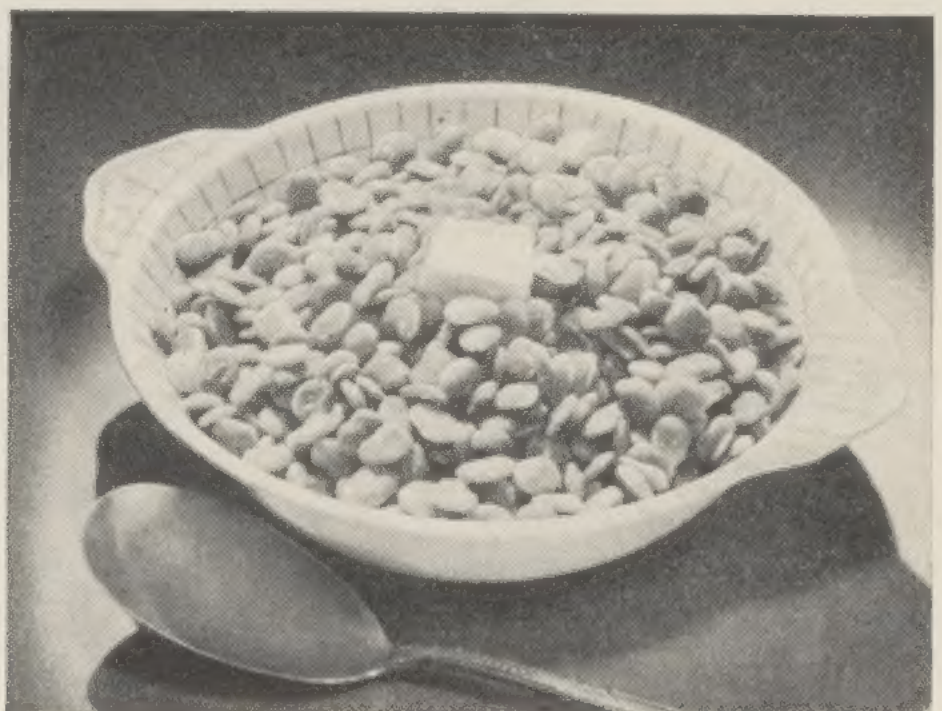
1. THE OLD WAY . . . A big, bulky bag holding two pounds of so-called "fresh" Limas. (Maybe it has been days since they were picked!) And no knowing how much of the weight you pay for is in useless, empty pods.



2. THE OLD WAY. . . 15 minutes of mussy work . . . for all this waste! The empty pods weigh over one pound—the beans that reach your table only 12 ounces. And now they'll take about another 30 minutes for cooking.



3. THE BIRDS EYE WAY. . . The neat, cellophane-lined carton filled with plump baby Limas that were shelled and quick-frozen to capture their freshness just as soon as they were picked. You pay for beans—not pods.



4. THE BIRDS EYE WAY . . . From carton to the table in about 20 minutes. And not one ounce of waste! Birds Eye Limas are ready to serve before the other beans are even shelled! You can count on Birds Eye freshness and flavor!

Birds Eye Lima Beans are like all Birds Eye Foods. They come to your kitchen waste-free, cleaned, ready to cook and serve.



WHEN YOU BUY *be sure to ask for Birds Eye Foods by name. You see, all quick-frozen foods are not Birds Eye . . . so, to avoid possible disappointment, look for the name on the package. The Birds Eye label is your guarantee of always getting the very finest uniform quality.*



VEGETABLES are served every day in the year in the modern household. This is easy to do if you use Birds Eye vegetables, which are always in season. There's plenty of variety, too, to fit any menu. Green peas in December and corn on the cob in February are everyday possibilities. And as for quality, there's nothing better. These vegetables are chosen from the finest crops in the land and this high standard is maintained at all times.

And here's good news for the busy homemaker! You'll really save hours of kitchen preparation work when you serve Birds Eye vegetables. They come to you scrupulously cleaned and they're ready to use. There's no washing or trimming to do. Birds Eye vegetables are waste-free; there's nothing to throw away. You just open the box and pop these modern foods right into boiling water.

Directions for using Birds Eye vegetables are printed on every carton. Follow them to get the best results. Birds Eye vegetables cook in much less time than the ordinary vegetable so the timing is important. Don't guess but watch the clock!

And of course, the question that everyone asks is: "What about vitamins?" Yes, you can be assured that vitamins are retained in Birds Eye vegetables. They are fully as high in food value, including the vitamins, as the freshest foods purchased on the market and cooked at home.

Birds Eye vegetables are excellent served plain, with butter — the way most people prefer them. But, a little variety now and then is also welcome. In the following 15 pages are many suggestions. There are basic recipes for creamed and scalloped dishes and delicious cream soups. Then to please the family, or for special occasions, there are new and unusual recipes for a variety of delightful Birds Eye vegetable dishes.

VEGETABLES



SERVICE OF BIRDS EYE VEGETABLES

BUTTERED BIRDS EYE VEGETABLES

Cut Green Asparagus	Asparagus Spears	Cooked Squash
Brussels Sprouts	Green Beans	Broccoli
Lima Beans	Cauliflower	Wax Beans
Green Peas	Peas and Carrots	Spinach
Corn on the Cob		Golden Sweet Corn

Cook 1 box Birds Eye vegetable according to directions on box. (Or see Timetable on page 10.) Follow directions exactly to retain the finest flavor and color and the maximum nutritive value. Season with butter, salt, and pepper. Serves 4. (If any liquid is left after cooking, use it in sauces, soups, or other suitable dishes. This liquid contains valuable vitamins and minerals.)

CREAMED BIRDS EYE VEGETABLES

Cut Green Asparagus	Asparagus Spears	Broccoli
Brussels Sprouts	Green Beans	Wax Beans
Lima Beans	Cauliflower	Golden Sweet Corn
Green Peas	Peas and Carrots	Spinach

Cook 1 box Birds Eye vegetable according to directions on box. While vegetable is cooking, prepare White Sauce #1 (page 8). Mix lightly with drained vegetable. Serves 4 to 6.

CREAMED VEGETABLES AND HAM

Cut Green Asparagus	Brussels Sprouts	Green Beans
Wax Beans	Lima Beans	Cauliflower
Golden Sweet Corn	Green Peas	Peas and Carrots

Cook 1 box Birds Eye vegetable according to directions on box. While vegetable is cooking, prepare White Sauce #3 (page 8). Mix lightly with drained vegetable and 1 cup diced boiled ham, sautéed in butter. Reheat and serve on toast. Serves 4 to 6.

Creamed Vegetables and Eggs. Substitute 4 hard-cooked eggs, cubed, for ham in above recipe.

SCALLOPED BIRDS EYE VEGETABLES

Cut Green Asparagus	Broccoli	Brussels Sprouts
Green Beans	Wax Beans	Lima Beans
Cauliflower	Golden Sweet Corn	Green Peas
Peas and Carrots		Spinach

Cook 1 box Birds Eye vegetable according to directions on box. While vegetable is cooking, prepare White Sauce #1 (page 8). Arrange seasoned drained vegetable and sauce in alternate layers in greased casserole. Sprinkle generously with buttered crumbs. Place in pan of hot water and bake in hot oven (450° F.) about 20 minutes, or until browned. Serves 4 to 6.

BIRDS EYE VEGETABLES are of the First Quality. Grown in sections of the country where Nature is particularly kind to the raising of vegetables, they are harvested when at their peak of flavor perfection. Then they are cleaned and sorted, all the overripe and immature vegetables being removed and only the most perfect retained. You can be sure that Birds Eye vegetables will always be of uniform and dependable quality. They cook evenly and keep their attractive fresh color.



BIRDS EYE VEGETABLES are timesavers. No time need be spent in preparation and they cook in a jiffy. Follow the package directions and don't overcook. Well-cooked vegetables are crisp and perky; overcooking makes them limp, faded, and mushy. Then too, overcooking is hard on the vitamins. It always pays to watch the clock, for Birds Eye vegetables cook very quickly.

SCALLOPED VEGETABLES AND HAM

- Cut Green Asparagus

Green Beans

Cauliflower

Peas and Carrots
- Broccoli

Wax Beans

Golden Sweet Corn
- Brussels Sprouts

Lima Beans

Green Peas

Spinach

THE SCIENTISTS HAVE BEEN doing a lot of research work on Birds Eye vegetables. This is what they report: "Birds Eye Foods are fully as high in food values, including all the vitamins, as the freshest foods that are bought on the market."

The quick-freezing of Birds Eye vegetables, immediately on harvest, brings little if any loss of the important vitamins A and C. In Birds Eye Peas, for



example, vitamin C is retained in greater quantities than are usually found in the so-called "fresh" peas bought at market several days after harvest. Compared with peas preserved by other processes, an even greater amount of vitamin C was found in Birds Eye Peas. Vitamins B₁ (thiamin) and G (riboflavin) are not affected by quick-freezing itself. But it is important to follow package directions carefully to avoid loss of vitamins during cooking.

Birds Eye Peas and Spinach have the Seal of Acceptance of the Council on Foods of the American Medical Association.

Cook 1 box Birds Eye vegetable according to directions on box. While vegetable is cooking, prepare White Sauce #2 (below). Mix lightly with 1 cup diced boiled ham, sautéed in butter. Arrange seasoned drained vegetable and sauce in alternate layers in greased casserole. Sprinkle generously with buttered crumbs. Place in pan of hot water and bake in hot oven (450° F.) about 20 minutes, or until browned. Serves 4 to 6.

Scalloped Vegetables and Dried Beef. Substitute ½ to 1 cup finely cut dried beef, sautéed in butter, for ham in above recipe. Omit salt. (If dried beef is very salty, wash in cold water before sautéing.)

Scalloped Vegetables and Eggs. Omit ham in above recipe and arrange 4 hard-cooked eggs, quartered, on vegetable layers, covering with sauce as directed.

Scalloped Vegetables with Cheese Sauce. Omit ham in above recipe and add ⅓ cup grated American cheese to the white sauce.

Scalloped Vegetables au Gratin. Omit ham in above recipe. Sprinkle top generously with grated American cheese and buttered crumbs.

WHITE SAUCE FOR BIRDS EYE VEGETABLES

Proportions for three sauces are given below. Each is especially adapted to certain recipes in this book. So choose the one called for in the particular recipe you are using.

INGREDIENTS	SAUCE #1	SAUCE #2	SAUCE #3
Butter	2 tablespoons	3 tablespoons	4 tablespoons
Minced onion		2 teaspoons	2 teaspoons
Flour	1½ tablespoons	2½ tablespoons	3 tablespoons
Milk	¾ cup	1¼ cups	1¾ cups
*Vegetable liquor, or vegetable liquor and milk	¼ cup	6 tablespoons	¼ cup
Salt and pepper	To taste	To taste	To taste

Melt butter in saucepan. Add onion and flour and stir to a paste. (For Sauce #1, omit onion.) Add milk gradually, stirring constantly. Cook gently 2 minutes or until thickened, stirring constantly. Measure liquor drained from cooked vegetable, adding milk, if necessary, to make up amount. Add to white sauce and blend. Season with salt and pepper. Makes enough sauce for 1 box Birds Eye vegetables.

* White sauce for most vegetable dishes is of finer flavor when some of the liquor left from the cooked vegetable is used as part of liquid. With Broccoli, Brussels Sprouts, or Cauliflower, however, omit the vegetable liquor and use milk for all liquid. That is, use 1 cup milk in Sauce #1, 1⅔ cups milk in Sauce #2, and 2 cups milk in Sauce #3.

VEGETABLES



BIRDS EYE CREAM OF VEGETABLE SOUP

Cut Green Asparagus
Brussels Sprouts
Golden Sweet Corn

Asparagus Spears
Lima Beans
Green Peas
Peas and Carrots

Spinach
Broccoli
Cauliflower

Cook 1 box Birds Eye vegetable according to directions on box, but cook until soft, or for 3 to 4 minutes longer than the maximum time specified on box. Drain vegetable, reserving liquor; add rich milk to make 3½ cups. Force vegetable through sieve. Sauté 1 teaspoon minced onion in 3 tablespoons butter in top of double boiler about 2 minutes; add 2 tablespoons flour, stirring until smooth. Add milk and vegetable liquor gradually, stirring constantly. Cover and cook over boiling water about 8 minutes, or until thickened, stirring occasionally. Add vegetable purée and heat. Season with salt and pepper. Serves 4 to 6. For thinner soup, add more milk.

BIRDS EYE VEGETABLE SALADS

Cook Birds Eye vegetables as directed on packages. Chill and marinate with French dressing, then use as directed below. Serve salad on crisp lettuce or other salad greens on cold plate.

Mixed Vegetable Salad. Combine Birds Eye Green Beans, Birds Eye Peas and Carrots, diced cucumber, and minced onion. Toss together lightly. Serve on crisp lettuce with French dressing. Garnish with radish roses.

Asparagus and Tomato Salad. Arrange Birds Eye Asparagus Spears on crisp escarole. Garnish with sections of tomato. Serve with French dressing to which pickle relish has been added.

Vegetable Salad with Roquefort Cheese Dressing. Arrange Birds Eye Cauliflower, Birds Eye Spinach, chopped, and cooked beets, chopped, in separate mounds on crisp lettuce. Serve with French dressing to which crumbled Roquefort cheese has been added.

Lima Bean and Corn Salad. See page 13 for recipe. Arrange in salad bowl lined with crisp lettuce and garnish with cucumber and radish slices. (See illustration on page 19.)

Special Salad Plate. Place lettuce cup filled with cottage cheese and chives in center of plate. Arrange Birds Eye Broccoli, mound of Birds Eye Lima Beans (tossed together lightly with minced onion, diced celery, and bits of pimienta), and sliced tomatoes or jellied tomato aspic around lettuce. Garnish with water cress. Serve with French dressing or mayonnaise.

Asparagus Luncheon Salad. Arrange Birds Eye Asparagus Spears on crisp lettuce. Garnish with sections of hard-cooked eggs and anchovy fillets. Serve with tart French dressing to which diced pimienta has been added.

Cauliflower and Bean Salad. Combine Birds Eye Cauliflower, Birds Eye Green Beans, diced celery, and seasonings. Toss together lightly with French dressing and serve on crisp lettuce. Garnish with tomato slices and mayonnaise.

THE COOK with the lily-white hands. She must be the Birds Eye cook for Birds Eye vegetables are already prepared. There's no messy kitchen work to be done. The Lima Beans are all shelled, the Spinach is thoroughly cleaned and washed, the Broccoli is trimmed; every single vegetable is ready to slip into the kettle and cook. Best of all, there's no waste to bother with. The kitchen can always be shipshape and tidy!



EVERY TRADE has its tricks. When you're cooking Birds Eye vegetables, keep the heat high until the frozen block is broken up and the water boiling vigorously, then speed up the thawing by separating the pieces of vegetable with a fork, always taking care not to break them. When the frozen block is broken apart and the water is boiling vigorously again, reduce the heat so that the boiling is gentle during the actual cooking. And be a clock watcher, too. Always count the cooking time from the moment the water starts to boil the second time. And please, please don't overcook. That's the most important trick of all.

TIMETABLE FOR COOKING BIRDS EYE VEGETABLES

VEGETABLE	AMOUNT OF WATER	TIME FROM SECOND BOIL
Cut Green Asparagus	1 cup	8 to 10 minutes
Asparagus Spears	1 cup	8 to 10 minutes
Broccoli	1 cup	5 to 8 minutes
Brussels Sprouts	1 cup	2 minutes
Cauliflower	1 1/2 cups	4 to 6 minutes
Corn on the Cob	Water to cover	2 minutes
Golden Sweet Corn	1/2 cup	2 minutes
Green Beans	1 cup	8 to 12 minutes
Green Peas	3/4 cup	5 to 7 minutes
Lima Beans	2 cups	16 to 18 minutes
Peas and Carrots	3/4 cup	5 to 7 minutes
Spinach	1 cup	4 to 6 minutes
Cooked Squash	Heat over boiling water	
Wax Beans	1 cup	8 to 12 minutes

YOU MAY WISH to keep Birds Eye vegetables. If so, place them in the freezing unit of your refrigerator. Do not let them thaw. If the vegetables are thawed, then use them just as quickly as you would vegetables that have not been quick-frozen. Don't make an attempt to refreeze them! Your refrigerator can never match the arctic cold temperature of the quick-freezing machine.

Of course if you are going to use the Birds Eye vegetable right away, you don't need to take the time to thaw it. You simply plunge it, while solidly frozen, into the proper amount of briskly boiling salted water and cook it for just the time specified on the package.

TIME STANDS STILL with Birds Eye vegetables. Brimming over with flavor and goodness, they are rushed right to the arctic cold quick-freezing machine.



Here temperatures far below zero are released, and the just-picked original freshness of the vegetables is captured with all the natural tenderness and flavor. They're just as flavorful in January as in July.

VEGETABLES



BIRDS EYE VEGETABLE PLATES

Cook Birds Eye vegetables as directed on packages. Serve on warm plate with any of the following combinations. To serve 4, use 1 box of Birds Eye vegetable specified.

Tomato, Spinach, and Cauliflower Plate. Arrange poached egg on toast, grilled tomato, buttered Birds Eye Spinach, and Birds Eye Cauliflower Parmesan on plate. Garnish with parsley. For Birds Eye Cauliflower Parmesan, pour melted butter over cauliflower and sprinkle with Parmesan cheese and paprika.

Economy Vegetable Plate. Place baked macaroni au gratin in center of plate. Arrange buttered Birds Eye Green Beans, buttered Birds Eye Broccoli, and buttered or pickled spiced beets around macaroni. Garnish with parsley or water cress.

Gold and Green Vegetable Plate. Place baked stuffed potato topped with grated cheese in center of plate. Arrange buttered Birds Eye Brussels Sprouts, buttered Birds Eye Asparagus Spears, and buttered Birds Eye Peas and Carrots around potato.

Squash Specialty Plate. Place Squash with Sautéed Onions (page 19) in center of plate. Arrange buttered Birds Eye Green Peas, buttered Birds Eye Asparagus Spears, and coleslaw made with green pepper and pimiento and served in lettuce cups around squash. Garnish with parsley.

Creole Vegetable Plate with Corn. Arrange Birds Eye Corn on the Cob, buttered Birds Eye Cut Green Asparagus, buttered carrots, cut in strips, and Creole Lima Beans (page 13) on plate. Garnish with parsley.

Busy Day Vegetable Plate (illustrated on page 11). Place tomato stuffed with cottage cheese and seasoned with chives in center of plate. Arrange buttered Birds Eye Asparagus Spears, buttered Birds Eye Lima Beans, buttered Birds Eye Spinach, and buttered Birds Eye Peas and Carrots around tomato. Serve with Easy Hollandaise Sauce (page 21).



Vegetable Plates are in fashion, so colorful to look at, so delicious to eat. Here's a tomato stuffed with cottage cheese in the midst of Birds Eye vegetables. You'll find many more ideas on page 10.

FRENCH FRIED ASPARAGUS

- 1 box Birds Eye Asparagus Spears,
partially thawed
- Sifted bread crumbs, seasoned
- 1 egg, beaten with 3 tablespoons milk
and dash of salt

Separate asparagus spears. Season crumbs with salt and pepper. Roll each spear in crumbs, dip in egg mixture, then roll again in crumbs. Fry in deep fat (370° F.) about 2 minutes, or until asparagus rises to top of fat and is well browned. Drain. Serve with or without an egg, cheese, or Easy Hollandaise Sauce (page 21), or use to garnish steak. Serves 4.

ASPARAGUS WITH PARMESAN CHEESE

- 1 box Birds Eye Asparagus Spears
- 1 cup boiling water, salted
- 4 slices toast
- ½ cup butter
- Grated Parmesan cheese

Drop frozen asparagus spears into briskly boiling salted water. Bring again to a boil and boil gently 8 to 10 minutes, or until just tender. Drain. Arrange on toast. Stir butter in small saucepan until browned; pour over asparagus. Sprinkle liberally with cheese. Serve at once. Serves 4.

SAVORY ASPARAGUS AND EGGS

- 1 box Birds Eye Asparagus Spears
- 1 cup boiling water, salted
- 4 hard-cooked eggs, cut in quarters
- 4 slices toast

Drop frozen asparagus spears into briskly boiling salted water. Bring again to a boil and boil gently 8 to 10 minutes, or until just tender. Drain. Arrange asparagus spears and eggs on toast. Serve with Savory Cheese Sauce. Serves 4.

Savory Cheese Sauce. Melt 2½ tablespoons butter in top of double boiler. Add 2½ tablespoons flour and stir until smooth. Place over boiling water, add 1 cup milk gradually, and cook until thickened, stirring constantly. Add ¼ teaspoon salt, a dash of pepper, and ¼ teaspoon Worcestershire sauce and cook 10 minutes longer. Add 1 cup grated American cheese and stir until melted. Serve at once. Makes about 1½ cups sauce.

USE THE RIGHT TOOLS! When you are cooking Asparagus Spears, Broccoli, or Cauliflower, use a flat wire whisk or two forks to lift them out of the boiling water. This allows the water to drain off thoroughly, yet keeps the vegetables in attractive whole pieces. Right tools make every job easier!

ASPARAGUS SOUFFLÉ

- 1 box Birds Eye Cut Green Asparagus
- 1 cup boiling water, salted
- 1 cup asparagus liquor and milk
- 2 tablespoons chopped onion
- 3 tablespoons butter
- 3 tablespoons flour
- $\frac{3}{4}$ teaspoon salt Dash of pepper
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- 3 egg yolks, well beaten
- 3 egg whites, stiffly beaten

Drop asparagus cuts into briskly boiling water. Bring again to a boil and boil gently 8 to 10 minutes, or until just tender. Drain, reserving liquor; add milk to make 1 cup. Sauté onion gently in butter until tender. Add flour and stir until smooth. Add asparagus liquor and milk and cook until thickened, stirring constantly. Remove from fire, add asparagus cuts, salt, pepper, Worcestershire sauce, and egg yolks, and mix well. Fold into egg whites. Turn into greased baking dish. Place in pan of hot water and bake in moderate oven (350° F.) 1 hour, or until soufflé is firm. Serves 6 to 8.

CREAMED GREEN BEANS AND ONIONS

- 1 box Birds Eye Green Beans
- 1 cup boiling water, salted
- $1\frac{1}{4}$ cups bean liquor and milk
- 8 small white onions
- 3 tablespoons butter
- 3 tablespoons flour
- 1 teaspoon salt Dash of pepper

Drop frozen green beans into briskly boiling salted water. Bring again to a boil, and boil 8 to 12 minutes, or until just tender. Drain, reserving liquor; add milk to make $1\frac{1}{4}$ cups. Cook onions in boiling salted water 20 minutes, or until tender. Drain. Melt butter in saucepan, add flour, and stir until smooth. Add bean liquor and milk gradually and cook until thickened, stirring constantly. Add salt, pepper, beans, and onions, and heat. Serves 4.

EVERY MONTH IN THE YEAR: Birds Eye Asparagus! In Birds Eye Asparagus Spears, you have no waste; there's nothing to throw away. You get only the tender, all green tips. You eat everything you pay for. Perfect for salads or served on toast. Cut Green Asparagus is the same high quality, cut in small lengths. Use in soups and creamed dishes.

LYONNAISE GREEN BEANS

- 1 box Birds Eye Green Beans
- 1 cup boiling water, salted
- $\frac{1}{3}$ cup green bean stock
- $\frac{1}{2}$ cup thinly sliced onions
- $2\frac{1}{2}$ tablespoons butter
- Salt and pepper

Drop frozen green beans into briskly boiling salted water, bring again to a boil, and boil 8 to 12 minutes, or until just tender. Drain, reserving stock; measure $\frac{1}{3}$ cup. Sauté onion with 2 tablespoons butter until tender and delicately browned. Add to beans with stock. Season with salt and pepper. Mix thoroughly. Cook slowly about 5 minutes. Add remaining $\frac{1}{2}$ tablespoon butter. Serve at once with meat, fish, poultry, or cheese dishes. Serves 4.

GREEN BEAN SALAD

- 1 box Birds Eye Green Beans
- 1 cup boiling water, salted
- $\frac{1}{4}$ cup vinegar
- $\frac{1}{4}$ cup water
- 2 tablespoons olive oil
- 2 tablespoons chopped onion
- $\frac{1}{2}$ teaspoon salt
- Dash of pepper
- $\frac{1}{4}$ teaspoon Worcestershire sauce
- $\frac{1}{2}$ teaspoon sugar

Drop frozen green beans into briskly boiling salted water, bring again to a boil, and boil 8 to 12 minutes, or until just tender. Drain. Combine remaining ingredients and pour over beans. Chill. Serve on crisp lettuce. Serves 4.

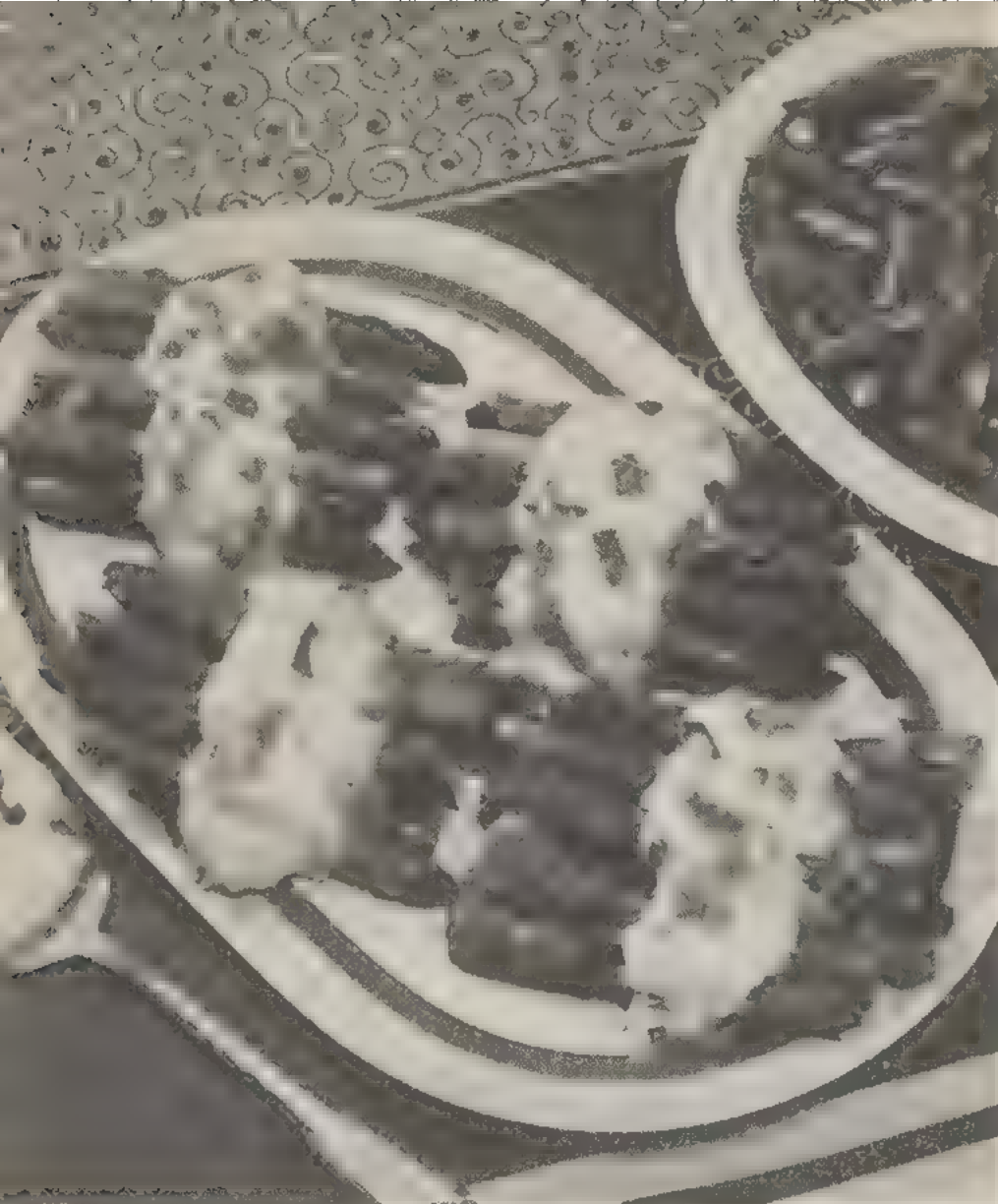
GREEN BEANS, SOUTHERN STYLE

- 1 box Birds Eye Green Beans
- 1 cup boiling water, salted
- $\frac{1}{2}$ cup green bean stock
- $\frac{1}{2}$ cup thinly sliced onions
- 3 strips bacon, cut in $\frac{1}{2}$ -inch squares
- $1\frac{1}{2}$ tablespoons bacon drippings
- Salt and pepper
- 2 teaspoons butter

Drop frozen green beans into briskly boiling salted water, bring again to a boil, and boil 8 to 12 minutes, or until just tender. Drain, reserving stock; measure $\frac{1}{2}$ cup. Sauté onions and bacon slowly until delicately browned. Add to beans with stock and bacon drippings. Add seasonings and cook gently 5 minutes. Just before serving, add butter. Serves 4 to 6.

VEGETABLES





Suggestion for luncheon or supper! Serve Birds Eye Asparagus Spears with Savory Cheese Sauce (page 11) which has flecks of pimiento shining through. Or try hot Asparagus Cuts with omelet or cold roast.

SAVORY RICE AND WAX BEANS

- 1 box Birds Eye Wax Beans
- 1 cup boiling water, salted
- $\frac{1}{2}$ cup finely diced onion
- $\frac{2}{3}$ cup finely diced celery
- 2 tablespoons butter
- $1\frac{1}{2}$ cups canned tomatoes
- $\frac{1}{4}$ teaspoon celery salt
- $1\frac{1}{4}$ cups cooked rice
- $\frac{1}{2}$ teaspoon sugar
- Salt and pepper

Drop frozen wax beans into briskly boiling salted water, bring again to a boil, and boil 8 to 12 minutes, or until just tender. Drain. Sauté onion and celery in butter, covered, until tender but not browned. Add remaining ingredients and simmer about 5 minutes. Serves 4 to 6.

BAKED LIMA BEANS WITH BACON

- 1 box Birds Eye Lima Beans, thawed
- 1 teaspoon salt
- Dash of pepper
- 1 cup boiling water
- 4 slices bacon

Arrange Lima beans in shallow baking dish. Add salt, pepper, and boiling water. Bake in hot oven (425° F.) 1 hour, or until done. Place bacon slices on top of bean mixture after it has baked 35 minutes. Return to oven; bake 25 minutes. Serves 4.

CREOLE LIMA BEANS

- 1 box Birds Eye Lima Beans
- 2 cups boiling water, salted
- $\frac{1}{3}$ cup diced onion
- $\frac{1}{3}$ cup diced green pepper
- $\frac{1}{3}$ cup butter
- $1\frac{1}{2}$ cups canned tomatoes
- $\frac{3}{4}$ teaspoon salt
- Dash of pepper
- $\frac{1}{4}$ teaspoon sugar

Drop frozen Lima beans into briskly boiling salted water, bring again to a boil, and boil 16 to 18 minutes, or until just tender. Drain. Sauté onion and green pepper in butter until tender. Add Lima beans, tomatoes, and seasonings, and simmer 3 to 5 minutes. Serves 4 to 6.

LIMA BEAN AND CORN SALAD

- 1 box Birds Eye Lima Beans, cooked
- 1 box Birds Eye Golden Sweet Corn, cooked
- Salt and pepper
- 2 tablespoons pimiento strips
- 2 tablespoons green pepper strips
- $\frac{1}{3}$ cup French dressing, well seasoned
- 2 teaspoons vinegar
- 1 teaspoon scraped onion

Cook frozen Lima beans and frozen corn according to directions on packages. Drain and season with salt and pepper. Chill. Mix Lima beans, corn, pimiento, and green pepper strips. Add the French dressing, vinegar, and onion. Toss together lightly. Chill about 30 minutes. Serve on crisp lettuce. Serves 8. Pimiento and pepper may be omitted.



HOW FRESH IS FRESH? Spinach, for instance. It begins losing flavor almost as soon as it's picked. Now most spinach, even at the height of the season, takes a good 12 to 72 hours to reach the market. During that time the flavor has begun to fade, the vitamins to disappear, and the tender leaves to dry out and wither up. But not Birds Eye Spinach! Harvested when at its best, it is immediately washed, cleaned, packaged, and quick-frozen. Freshness is retained, with all the important food values, including the precious vitamins.



Here is a masterpiece in garden freshness and full flavor. Of course, you know that it's Birds Eye Succotash, a delicious combination of Lima Beans and Cut Corn. It's economical to serve, too.

BIRDS EYE SUCCOTASH WITH FRIZZLED HAM

- 1 box Birds Eye Lima Beans
- 2 cups boiling water, salted
- 1 box Birds Eye Golden Sweet Corn
- 1/2 cup top milk or light cream, scalded
- Butter, salt, pepper
- 1 tablespoon chopped pimiento
- 8 slices boiled ham

Drop frozen Lima beans into briskly boiling salted water, bring again to a boil, and boil 16 to 18 minutes, or until just tender. Drain. Drop frozen corn into scalded milk in double boiler. Cover and cook 15 minutes, or until just tender. Add cooked Lima beans and season with butter, salt, and pepper. Serve on hot platter; sprinkle with bits of pimiento. Surround with frizzled ham, made by sautéing boiled ham slices in butter. Serves 8.

SUCCOTASH IS A FAVORITE. Remember what a job it was to cut the kernels of corn off the cob, and to shell the Lima beans? Now all that is done for you with Birds Eye Cut Corn and Birds Eye Lima Beans. You cook the beans, then the corn, mix them together, and season to taste.

VEGETABLES



BROCCOLI WITH ONION SAUCE

- 1 box Birds Eye Broccoli
- 1 cup boiling water, salted
- 2 tablespoons minced onion
- 3 tablespoons butter
- Dash of salt, pepper, paprika
- 1 tablespoon lemon juice

Drop frozen broccoli into briskly boiling salted water, bring again to a boil, and boil gently 5 to 8 minutes, or until almost tender; drain. Sauté onion in butter until slightly browned. Add seasonings and lemon juice, and heat broccoli in this sauce about 1 minute, turning carefully. Remove broccoli to serving dish and pour onion sauce over top. Garnish with lemon wedges and serve hot. Serves 4. If you prefer a milder flavored dish, use only 1 tablespoon minced onion in this recipe.

TRIMMED TO PERFECTION! We mean Birds Eye Broccoli. When you buy a bunch of ordinary broccoli you have to trim and throw away more than half of it, heavy stalks and leaves that you cannot eat. Birds Eye Broccoli saves you this fuss and waste. It has only the tender, green side shoots, cut into 5-inch lengths. Then it is washed and cleaned. When it comes to you, just open the box and pop into boiling water—season and serve.

BROCCOLI SOUFFLÉ

- 1 box Birds Eye Broccoli
- 1 cup boiling water, salted
- 1 cup broccoli liquor and water
- ¼ cup chopped onion
- 4 tablespoons butter
- 4 tablespoons flour
- 1½ teaspoons salt
- ¼ teaspoon pepper
- ¼ teaspoon mustard
- 4 teaspoons lemon juice
- 2 tablespoons grated Parmesan cheese
- 3 egg yolks, beaten until thick and lemon-colored
- 3 egg whites, stiffly beaten

Drop frozen broccoli into briskly boiling salted water, bring again to a boil, and boil gently 5 to 8 minutes, or until stalks are just tender. Drain, reserving liquor; add water to make 1 cup. Chop broccoli coarsely. Sauté onion in butter until tender. Add broccoli and sauté 2 minutes. Add flour and mix thoroughly. Add liquor and water and cook until thickened, stirring constantly. Add salt, pepper, mustard, lemon juice, and cheese. Remove from fire, add egg yolks, and mix well. Fold into egg whites. Turn into greased casserole. Place in pan of hot water and bake in moderate oven (350° F.) 1 hour, or until soufflé is firm. Serve at once with melted butter. Serves 4 to 6.



IF YOU ARE CAREFUL, you can even reduce the amount of water called for in the directions for cooking Birds Eye vegetables. You place the vegetable in just the right size of utensil, add the water, then watch the cooking very carefully to avoid scorching. You don't need to drain the vegetable. If any liquid is left, serve it with the vegetable. That's the advantage—you save all minerals and vitamins! So it pays to experiment and learn to use just enough water to last through the cooking time. Try this less-water method the next time you cook Birds Eye Peas, Spinach, Corn, Asparagus, Green or Wax Beans, or Peas and Carrots.

BROCCOLI WITH TOASTED ALMONDS

- 1 box Birds Eye Broccoli
- 1 cup boiling water, salted
- ¼ cup finely shredded blanched almonds
- Salt and pepper
- 3 tablespoons butter

Drop frozen broccoli into briskly boiling salted water, bring again to a boil, and boil gently 5 to 8 minutes, or until stalks are just tender. Drain and season with salt and pepper. Sauté almonds gently in butter until lightly browned. Sprinkle over broccoli. Serves 4. (If desired, 1 teaspoon lemon juice may be added to almonds and butter.)

BRUSSELS SPROUTS WITH CREAMED CHESTNUTS

- 1 pound chestnuts
- 4 tablespoons butter
- 1½ tablespoons flour
- 1 cup milk
- ½ teaspoon salt
- Dash of pepper
- 1 box Birds Eye Brussels Sprouts
- 1 cup boiling water, salted

Boil chestnuts about 20 minutes. Drain, remove shells, and cut into small cubes. Sauté chestnuts in butter 2 minutes. Add flour and mix until smooth; then add milk, salt, and pepper and cook until smooth and thickened, stirring constantly. Drop frozen Brussels sprouts into briskly boiling salted water, bring again to a boil, and boil 2 minutes, or until just tender. Drain. Pour creamed chestnuts over Brussels sprouts. Serve at once. Serves 4.

You'll like this handy way of serving vegetables. Here are Green Beans, Cauliflower, and Asparagus Spears with Easy Hollandaise Sauce (page 21), sharing one platter and all honors. An attractive supper specialty!



CAULIFLOWER À LA ROMANA

- 1 box Birds Eye Cauliflower
- 1½ cups boiling water, salted
- 1 small clove garlic
- 3 tablespoons olive oil
- ½ teaspoon salt
- ½ cup canned tomatoes
- Chopped parsley
- Grated Parmesan cheese

Place frozen cauliflower in boiling salted water just long enough to separate florets (or about 3 to 4 minutes). Drain. Sauté garlic in olive oil until browned; remove garlic. Sauté cauliflower in olive oil until browned on both sides. Add salt and tomatoes, cover, and simmer 2 minutes. Arrange in dish; sprinkle with parsley and cheese. Serves 4.

CORN AND TOMATO CHOWDER

- 2 tablespoons chopped onion
- ¼ cup chopped celery
- 4 tablespoons butter
- 2 cups canned tomatoes
- 1 box Birds Eye Golden Sweet Corn
- ¼ teaspoon soda
- 1¾ teaspoons salt
- ⅛ teaspoon pepper
- 1 teaspoon sugar
- 3 cups top milk, scalded

Sauté onion and celery in butter until golden brown. Add tomatoes and frozen corn and cook 5 minutes. Add soda, salt, pepper, and sugar and stir well. Add to hot milk and serve at once. Serves 6.



CORN ON THE COB IN DECEMBER! And tasting as fresh as though it had just been picked. But please cook it just the right way. The directions on the label tell you how. Thaw the corn partially before cooking. This is important. If you don't, the cob may still be cold after kernels are cooked! But don't thaw it completely, either. As soon as the kernels are thawed, drop the ears into boiling water, *then boil exactly 2 minutes.* It's grand!

VEGETABLES



CORN PUDDING

- 1 tablespoon melted butter
- 1 tablespoon flour
- 1½ teaspoons salt
- ½ teaspoon sugar
- ⅛ teaspoon pepper
- 1½ cups rich milk
- 1 teaspoon scraped onion
- 1 tablespoon chopped pimiento
- 2 eggs, slightly beaten
- 1 box Birds Eye Golden Sweet Corn, thawed

Combine melted butter, flour, salt, sugar, and pepper. Add milk slowly, stirring until smooth. Cook until thickened, stirring constantly. Remove from fire, add onion, pimiento, eggs, and corn, and mix well. Turn into baking dish. Set dish in pan of hot water and bake in moderate oven (350° F.) 1 hour, or until set. Serves 4 to 6.

FRIED CORN

- 1 box Birds Eye Golden Sweet Corn
- 1 cup sliced green peppers
- 1 teaspoon minced onion
- 6 tablespoons butter
- ½ teaspoon salt Dash of pepper
- ¼ cup sliced pimientos

Sauté frozen corn, green peppers, and onion in butter, covered, until corn is thawed and green peppers are tender, stirring frequently. Add salt, pepper, and pimientos, and cook until pimientos are thoroughly heated. Serve, garnished with sprigs of parsley. Serves 4.

CREAMED PEAS AND MUSHROOMS

- 1 box Birds Eye Green Peas
- ¾ cup boiling water, salted
- 1 cup pea liquor and top milk
- ¼ pound mushrooms, sliced
- ¼ teaspoon scraped onion
- Dash of nutmeg
- 4 tablespoons butter
- 2 tablespoons flour
- ½ teaspoon salt Dash of pepper

Drop frozen peas into briskly boiling salted water, bring again to a boil, and boil 5 to 7 minutes, or until just tender. Drain, reserving liquor; add top milk to make 1 cup. Sauté mushrooms, onion, and nutmeg gently in butter until mushrooms are tender. Add flour and mix thoroughly. Add pea liquor and milk gradually, and cook and stir until thickened. Add salt, pepper, and peas; heat. Serves 4.

EGGS À LA FLORENTINE

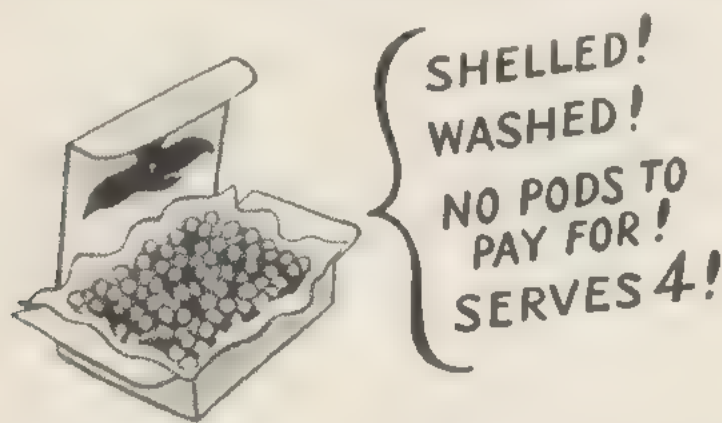
- 1 box Birds Eye Spinach, cooked
- 1 cup spinach liquor and water
- 3 bouillon cubes
- ½ teaspoon salt
- 4 peppercorns
- Dash of nutmeg and thyme
- 1 small onion, sliced
- Light cream
- 3 tablespoons butter
- 2 ½ tablespoons flour
- 6 tablespoons grated Parmesan cheese
- 4 eggs

Cook frozen spinach according to directions on package. Drain, reserving liquor; add water to make 1 cup. Chop spinach. Add bouillon cubes, salt, peppercorns, nutmeg, thyme, and onion to spinach liquor and cook gently 15 minutes. Strain, measure, and add light cream to make 1½ cups.

Melt butter in saucepan, add flour, and stir until smooth. Add spinach liquor and cream and cook until thickened, stirring constantly. Add 2 tablespoons cheese. Pour small amount of sauce into shallow baking dish or individual ramekins. Arrange spinach on sauce; sprinkle with 1 tablespoon cheese. Make four depressions and break an egg into each. Pour remaining sauce over eggs and sprinkle with remaining cheese. Bake in very hot oven (500° F.) 5 to 10 minutes, or until eggs are set. Brown in broiler 2 minutes. Serves 4.

PEAS WITH LETTUCE

Place 1 box Birds Eye Green Peas, thawed, in saucepan. Add 4 tablespoons butter and ¼ teaspoon salt. Sprinkle with 1 teaspoon minced onion, cover with lettuce leaves, and top with large sprig of parsley. Cover and cook gently 15 minutes, or until peas are tender. Remove parsley. Serves 4.



COME OUT OF THE KITCHEN! You can with Birds Eye Green Peas or Lima Beans. You don't have to shell and wash them, then clean up the mess and throw away about 63% of what you paid for—all pods. Birds Eye has done this for you! Just open the box and cook as directed.

VEGETABLES AU GRATIN

- 1 box Birds Eye Peas and Carrots, cooked
- 1 box Birds Eye Golden Sweet Corn, cooked
- 2 cups vegetable liquor and milk
- 2 tablespoons chopped onion
- 4 tablespoons butter
- 5 tablespoons flour
- 1 teaspoon salt
- Dash of pepper
- 1 cup grated American cheese
- 1 cup buttered bread crumbs
- Paprika

Cook frozen peas and carrots and frozen corn according to directions on packages. Drain, reserving liquor; add milk to make 2 cups. Brown onion slightly in butter. Add flour and stir until smooth. Add vegetable liquor and milk and cook until thickened, stirring constantly. Remove from fire. Add salt, pepper, and cheese, and stir until cheese is melted. Add vegetables and turn into buttered casserole. Top with buttered crumbs and sprinkle with paprika. Place casserole in pan of hot water and bake in hot oven (450° F.) about 20 minutes, or until browned. Serves 6 to 8.

CORN AND CHEESE SOUFFLÉ

- 2 tablespoons chopped onion
- 4 tablespoons butter
- 5 tablespoons flour
- 1¼ cups milk
- ¼ cup grated American cheese
- 1 box Birds Eye Golden Sweet Corn, thawed
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ¼ teaspoon Worcestershire sauce
- 4 egg yolks, beaten until thick and lemon-colored
- 4 egg whites, stiffly beaten

Sauté onion in butter until tender. Stir in flour. Add milk and cook until thickened, stirring frequently. Add cheese and stir until cheese is melted. Add corn, salt, pepper, and Worcestershire sauce. Remove from fire, add egg yolks, and mix well. Fold into egg whites. Turn into greased casserole. Place in pan of hot water and bake in moderate oven (350° F.) 1 hour, or until firm. Serves 6.

BIRDS EYE SQUASH IS FOR LAZY FOLKS! All the work has been done and there's no waste to bother with. This squash is already cooked and sieved. It needs only to be heated piping hot, seasoned to taste, and served.

SWISS SALAD

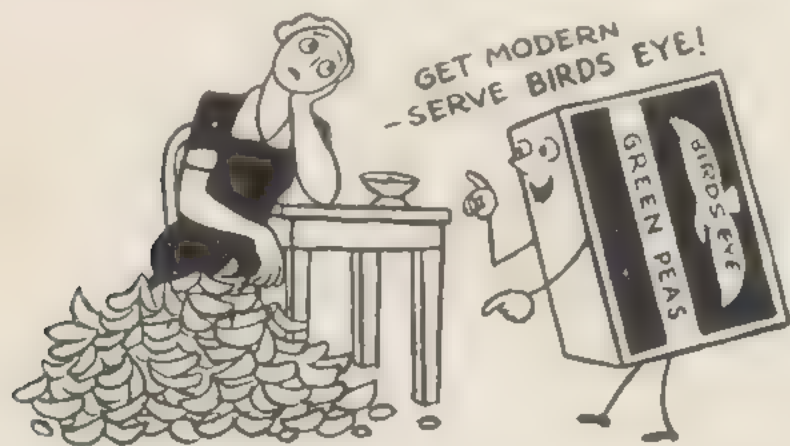
- 1 box Birds Eye Green Peas, cooked
- $\frac{2}{3}$ cup cubed American cheese
- $\frac{1}{2}$ cup finely chopped sweet pickle
- $\frac{1}{2}$ cup boiled dressing or mayonnaise
- $\frac{1}{4}$ teaspoon salt

Cook frozen peas according to directions on package. Drain and cool. Add remaining ingredients; mix well. Chill. Serve on crisp lettuce. Serves 4.

SPINACH AND BACON SOUFFLÉ

- 1 box Birds Eye Spinach
- 1 cup boiling water, salted
- $\frac{1}{4}$ cup chopped onion
- 4 tablespoons butter
- 3 tablespoons flour
- 1 cup milk
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{8}$ teaspoon celery salt
- $\frac{1}{4}$ cup chopped cooked bacon
- 4 egg yolks, beaten until thick and lemon-colored
- 4 egg whites, stiffly beaten

Drop frozen spinach into briskly boiling salted water. Bring again to a boil and boil 4 to 6 minutes, or until just tender, separating leaves with fork during cooking. Drain thoroughly and chop. Sauté onion in butter until golden brown. Add flour and stir until smooth; add milk, seasonings, spinach, and bacon and cook until thickened. Cool slightly. Add egg yolks and mix well. Fold into egg whites. Turn into greased baking dish. Place in pan of hot water and bake in moderate oven (350° F.) 1 hour, or until firm. Serves 6.



"THE PEAS ARE ALL PODS and nothing much else. There won't be enough to go 'round." You never hear that complaint about Birds Eye Green Peas. You don't need to guess at the number of servings a package will give—you always know. It serves 4.

VEGETABLES



No matter what else might be served at this dinner these two dishes would make a meal. Birds Eye Spinach with egg garnish and Cut Corn, drenched with butter.

COCONUT SQUASH PIE

- 1 box Birds Eye Cooked Squash, thawed
- 2 eggs, slightly beaten
- $\frac{1}{2}$ can Baker's Southern Style Coconut, chopped
- $\frac{1}{2}$ cup sugar
- 1 tablespoon melted butter
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon nutmeg
- $\frac{1}{4}$ teaspoon lemon extract
- 1 teaspoon vanilla
- Dash of salt
- $1\frac{1}{2}$ cups milk
- Pastry
- $\frac{1}{2}$ can Baker's Southern Style Coconut

Mix together squash, eggs, chopped coconut, sugar, butter, cinnamon, nutmeg, lemon extract, vanilla, and salt. Then add milk gradually, stirring until smooth. Line a 9-inch pie plate with pastry rolled $\frac{1}{8}$ inch thick, allowing pastry to extend 1 inch beyond edge. Fold edge back to form standing rim and flute with fingers. Fill with squash mixture. Bake in hot oven (450° F.) 20 minutes; then decrease heat to moderate (350° F.) and bake 20 minutes longer. Sprinkle remaining $\frac{1}{2}$ can coconut on top of pie and continue baking 10 minutes, or until coconut is browned.

MEXICAN SPINACH

- 1 box Birds Eye Spinach
- 1 cup boiling water, salted
- 2 tablespoons butter
- $\frac{1}{4}$ cup heavy cream
- 2 tablespoons horse-radish
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

Drop frozen spinach into briskly boiling salted water. Bring again to a boil and boil 4 to 6 minutes, or until just tender, separating leaves with fork during cooking. Drain and chop. Heat with rest of ingredients in double boiler. Serves 4.

SPINACH AND NOODLE RING

- $\frac{1}{2}$ box Birds Eye Spinach
- 1 cup boiling water, salted
- $1\frac{1}{2}$ cups broken noodles, uncooked
- $\frac{1}{2}$ cup grated American cheese
- 2 eggs, slightly beaten
- $1\frac{1}{2}$ cups scalded milk
- 1 teaspoon salt
- Dash of pepper
- $\frac{1}{4}$ teaspoon scraped onion

Drop frozen spinach into briskly boiling salted water. Bring again to a boil and boil 4 to 6 minutes, or until just tender, separating leaves with fork during cooking. Drain and chop. Cook noodles in large amount of boiling salted water until tender; drain and mix with spinach and cheese. Combine eggs, milk, and seasonings; pour over spinach-noodle mixture. Turn into well-greased ring mold. Place in pan of hot water and bake in moderate oven (350° F.) 45 minutes, or until knife inserted comes out clean. Unmold. Fill center with creamed mushrooms, fish, or meat. Serves 6.

VITAMIN SALAD

- 1 box Birds Eye Spinach, thawed
- 2 tablespoons chopped mixed pickles
- $\frac{1}{2}$ cup chopped celery
- 1 teaspoon chopped onion
- $\frac{1}{2}$ teaspoon salt
- 4 tablespoons mayonnaise
- 1 cup cottage cheese
- $\frac{1}{8}$ teaspoon scraped onion

Drain spinach, if necessary. Add pickles, celery, onion, salt, and mayonnaise and mix well. Combine cottage cheese and scraped onion. Arrange spinach mixture and cottage cheese in mounds on crisp lettuce. Garnish with additional mayonnaise and sprinkle with paprika. Serves 4.

SPINACH, DUTCH STYLE

- 1 box Birds Eye Spinach
- 1 cup boiling water, salted
- 1 tablespoon butter, melted
- 1 tablespoon flour
- $\frac{2}{3}$ cup light cream
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon scraped onion
- $1\frac{1}{2}$ teaspoons vinegar

Drop frozen spinach into briskly boiling salted water. Bring again to a boil and boil 4 to 6 minutes, or until just tender, separating leaves with fork during cooking. Drain and chop. Combine butter and flour in saucepan and stir until smooth. Add cream gradually and cook until thickened, stirring constantly. Add spinach and remaining ingredients; heat and serve. Serves 4 to 6.

SQUASH WITH SAUTÉED ONIONS

- $\frac{1}{3}$ cup diced onions
- 3 tablespoons butter
- $1\frac{1}{2}$ teaspoons salt
- Dash of pepper
- 1 box Birds Eye Cooked Squash, thawed

Sauté onions in 2 tablespoons butter until tender but not browned. Add with seasonings to squash. Place in top of double boiler and heat over boiling water about 25 minutes. Add remaining 1 tablespoon butter. Serves 4.

We are willing to wager that you've never in all your life enjoyed a salad more than you will the one shown here. It's called Lima Bean and Corn Salad on page 13.



SPINACH IN CREAM

- 1 box Birds Eye Spinach
- 1 cup boiling water, salted
- 1 tablespoon butter, melted
- 1 tablespoon flour
- $\frac{2}{3}$ cup light cream
- $\frac{3}{4}$ teaspoon salt
- Dash of pepper and nutmeg

Drop frozen spinach into briskly boiling salted water. Bring again to a boil and boil 4 to 6 minutes, or until just tender, separating leaves with fork during cooking. Drain and chop. Combine butter and flour in saucepan and stir to a smooth paste. Add cream gradually and cook until thickened, stirring constantly. Add spinach and seasonings and heat. Serve at once. Serves 4 to 6.

BAKED SQUASH WITH SAUSAGE LINKS

- $\frac{1}{4}$ cup finely diced onion
- $2\frac{1}{2}$ tablespoons butter, melted
- 1 box Birds Eye Cooked Squash, thawed
- 2 egg yolks, slightly beaten
- $1\frac{1}{4}$ teaspoons salt
- Dash of pepper
- 1 package (8 ounces) Birds Eye Sausage Links, partially thawed

Sauté onion in 1 tablespoon butter until tender but not browned. Add to squash with egg yolks,



YOU CAN RUSH HOME at quarter to six and drop the Birds Eye vegetable into boiling water. It will be cooked and ready to eat in plenty of time for dinner. And you don't need to spend time thawing it either, for Birds Eye vegetables are best if they are cooked frozen. They taste as though you had just picked them in your own vegetable garden.

VEGETABLES



remaining $1\frac{1}{2}$ tablespoons butter, and seasonings. Turn into greased baking pan, about 8x4x3 inches. Separate sausage links; prick each one well with sharp-tined fork to prevent bursting during cooking. Place in hot skillet and cook 4 to 5 minutes. Arrange on squash. Place in pan of hot water and bake in moderate oven (375° F.) $\frac{1}{2}$ hour. Serves 4.

GLAZED SQUASH PUDDING

- 1 box Birds Eye Cooked Squash, thawed
- 2 tablespoons butter, melted
- $1\frac{1}{2}$ teaspoons salt
- Dash of pepper
- Dash of cinnamon
- Dash of nutmeg
- 1 egg yolk, slightly beaten
- $2\frac{1}{2}$ tablespoons butter
- $\frac{1}{3}$ cup brown sugar, firmly packed
- 1 teaspoon flour

Combine squash with 2 tablespoons melted butter, seasonings, and egg yolk. Turn into greased shallow baking dish. Cream $2\frac{1}{2}$ tablespoons butter, add brown sugar and flour gradually, and cream well. Spread on top of squash. Place in pan of hot water and bake in hot oven (425° F.) 20 minutes. Place under broiler about 1 minute. Serves 4.

BACON CHEESE SAUCE

- 1 slice bacon
- 2 teaspoons flour
- 2 teaspoons bacon drippings
- $\frac{1}{2}$ cup milk
- $\frac{1}{4}$ cup grated American cheese
- $\frac{1}{2}$ teaspoon salt
- Dash of pepper

Fry bacon until crisp. Remove from skillet and chop. Add flour to bacon drippings in top of double boiler and stir until smooth. Place over boiling water, add milk and cook until thickened, stirring constantly. Add bacon, cheese, salt, and pepper, and cook until cheese is melted. Serve on Birds Eye Broccoli, Brussels Sprouts, Cauliflower, and Spinach. Makes about $\frac{2}{3}$ cup sauce.

YOU CAN TAKE YOUR CHOICE. You can buy Birds Eye Green Beans, cut in 1-inch lengths, or French Style Green Beans, sliced lengthwise. No matter which kind you buy, you may be sure that Birds Eye Green Beans are washed, cleaned, and ready to cook with no further preparation. Just select the one best suited to your needs.

BÉCHAMEL SAUCE

- 1 cup chicken stock
- 1 slice onion
- 1 small carrot, diced
- 1/2 bay leaf
- 1 sprig parsley
- 6 peppercorns
- 2 tablespoons butter
- 1 1/2 tablespoons flour
- 1/4 cup light cream
- 1/4 teaspoon salt
- Dash of pepper

Cook stock 20 minutes with onion, carrot, bay leaf, parsley, and peppercorns. Strain and measure. If necessary, cook stock until reduced to 1/2 cup. Melt butter, add flour, and stir until smooth. Add stock, cream, salt, and pepper, and cook until thickened, stirring constantly. Serve on Birds Eye Spinach. Makes about 3/4 cup sauce.

VINAIGRETTE SAUCE

- 3/4 teaspoon salt
- 1/4 teaspoon paprika
- Dash of pepper
- 2 teaspoons tarragon vinegar
- 4 teaspoons cider vinegar
- 4 tablespoons olive oil
- 2 teaspoons chopped green pepper
- 2 teaspoons chopped cucumber pickle
- 1 teaspoon chopped parsley
- 1 teaspoon chopped chives

Combine ingredients. Pour sauce over hot Birds Eye Asparagus, Broccoli, or Brussels Sprouts and chill. Makes about 1/2 cup sauce.

SOUR CREAM SAUCE

- 1 tablespoon finely chopped onion
- 1 tablespoon butter
- 1 tablespoon flour
- 3/4 cup sour cream
- 1 1/2 teaspoons sugar
- 3/4 teaspoon salt
- Dash of pepper
- 1/2 teaspoon vinegar

Sauté onion in butter in top of double boiler until tender. Add flour and stir until smooth. Place over boiling water, add sour cream, and cook until thickened, stirring constantly. Add sugar, salt, pepper, and vinegar. Pour over Birds Eye Green Beans or Wax Beans. Sprinkle with chopped parsley. Makes about 3/4 cup sauce.

EASY HOLLANDAISE SAUCE

- 4 tablespoons butter, melted
- 2 egg yolks, beaten until thick and lemon-colored
- 1/4 cup boiling water
- 2 teaspoons lemon juice
- 1/4 teaspoon salt
- Dash of pepper
- Dash of cayenne

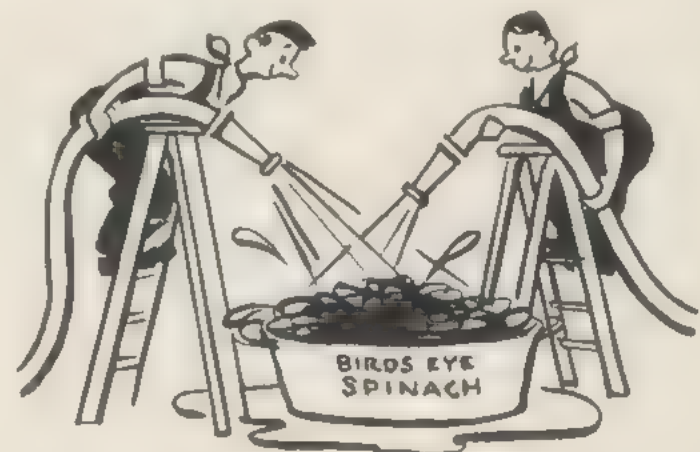
Add butter gradually to egg yolks, a small amount at a time, beating constantly with rotary egg beater. Add water gradually, beating after each addition. Place in top of double boiler and cook over boiling water until thickened, stirring constantly. Remove from hot water; add lemon juice and seasonings. Serve on Birds Eye Asparagus, Broccoli, Cauliflower, Spinach, or Brussels Sprouts. Makes about 2/3 cup sauce.

Note: This sauce may be kept over hot water from 30 to 45 minutes.

CURRY SAUCE

- 2 tablespoons butter
- 1/2 teaspoon curry powder
- 1/4 teaspoon salt
- 2 tablespoons flour
- 4 tablespoons heavy cream
- 3/4 cup milk

Combine butter and curry powder in top of double boiler; place over direct heat and cook gently 1 minute, stirring constantly. Remove from fire, add salt and flour and stir until smooth. Add cream and milk gradually, place over boiling water and stir until thickened. Cover and cook about 30 minutes. Serve on Birds Eye Cauliflower or Birds Eye Broccoli. Makes about 1 cup sauce.



THE MIRACLE OF SANDLESS SPINACH! Every leaf of Birds Eye Spinach is put through a bath that would wash the stripes off a zebra. Not a grain of sand is left. Why, literally twenty gallons of cool, clear water are used to wash a single pound of Birds Eye Spinach.



YOU MAY LIVE in the heart of the city where you never even see a blade of grass, but you can have fruits and berries that taste as if you had just gathered them from your own orchard or picked them in your own berry patch. It really seems like magic.

And these fruits and berries are always in season. That's magic, too. Birds Eye magic! To think of having strawberry shortcake or blueberries and cream in June or January—regardless of seasons! And there are other magical things to tell about Birds Eye fruits and berries. They have absolutely no waste. Every particle of fruit is in perfect condition; there's never a bit to throw away.

These fruits are easy to use, too. Thawing is all that's necessary, except for Rhubarb, but the timing is most important. Directions are given on each box. General thawing information is also given on the next page. You can choose the type of thawing that best suits your purpose but slow thawing in the refrigerator gives the best results.

Many people prefer to use their fruits plain, with little dressing up, as in fruit cups, sauces, or on ice cream or puddings. But for those who like more unusual dishes, this book contains recipes for many different types of fruit desserts. There are basic recipes, which can be adapted to several fruits. With the Shortcake recipe on page 25, for instance, you can have a variety, serving each week in succession Strawberry Shortcake, Peach Shortcake, Red Raspberry Shortcake, and Boysenberry Shortcake . . . every one, just luscious. These basic recipes include most of your favorites: cobblers, tapiocas, puff puddings, and others.

For those occasions when you like to make an impression, this book has many delightful suggestions. Try Strawberry Ice Cream Tarts (page 25) or Kirsch Birds Eye Berries (page 27) set aflame. Also Strawberry Angel Pie (page 28) or Red Raspberry Mousse (page 24) would certainly make a hit. Or if you like orchard-fresh sun-ripened peaches (and who does not) just try Jellied Birds Eye Peaches (page 23). In season or out you'll enjoy the just-picked flavor and freshness of these fruits!

FRUITS



BASIC FRUIT RECIPES

RASPBERRY OR BOYSENBERRY COBBLER

- 1 box Birds Eye Red Raspberries
or Boysenberries

1/2 cup sugar

1 tablespoon flour

2 teaspoons lemon juice

1 tablespoon melted butter
- 1/2 cup sifted flour

1/2 teaspoon Calumet Baking Powder

1/4 teaspoon salt

2 teaspoons sugar

2 tablespoons melted butter

2 tablespoons milk

Thaw fruit until it can just be separated. Arrange fruit in a greased 8x8x2-inch baking dish. Combine sugar and flour; sprinkle over fruit. Sprinkle lemon juice and butter over fruit, mixing lightly.

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Combine butter and milk, add to flour, and stir until soft dough is formed. Turn out on slightly floured board and knead 10 seconds. Roll dough to fit top of baking dish; cut slits to permit escape of steam. Fit over fruit. Bake in hot oven (400° F.) 30 minutes. Serves 4.

Blueberry or Peach Cobbler. Use 1 box Birds Eye Blueberries or Birds Eye Sliced Peaches, 1/4 cup sugar, and 1 tablespoon lemon juice in the fruit mixture in the above recipe.

RASPBERRY MINUTE TAPIOCA

- 1 box Birds Eye Red Raspberries

1 1/4 cups fruit juice and water

2 1/2 tablespoons Minute Tapioca
- 1/2 cup sugar

1/8 teaspoon salt

1 tablespoon lemon juice

Thaw fruit until it can just be separated. Drain; add water to juice to make 1 1/4 cups. Combine Minute Tapioca, sugar salt, and liquid in saucepan and mix well. Bring mixture quickly to a full boil over direct heat, stirring constantly. Remove from fire. (Mixture will be thin. *Do not overcook.*) Add lemon juice and fruit. Cool, stirring occasionally—mixture thickens as it cools. Chill. Serves 4 to 5.

Peach Minute Tapioca. Use 1 box Birds Eye Sliced Peaches, 2 tablespoons Minute Tapioca, 1/4 cup sugar, and 3 tablespoons of lemon juice in the above recipe.

JELLIED BIRDS EYE STRAWBERRIES

- 1 package Imitation Strawberry
Jell-O

1 3/4 cups hot water
- 1 box Birds Eye Sliced
Strawberries, just thawed

1 tablespoon lemon juice

Dissolve Jell-O in hot water. Add fruit and lemon juice. Chill until thickened, stirring occasionally. Pile lightly in sherbet glasses. Serve with plain cream. Serves 4 to 6.

Jellied Birds Eye Peaches. Use 1 package Orange Jell-O, 1 box Birds Eye Sliced Peaches, and 2 tablespoons lemon juice in above recipe.

Jellied Birds Eye Raspberries. Use 1 package Imitation Raspberry Jell-O, 2 1/4 cups hot water, 1 box Birds Eye Red Raspberries, 1 tablespoon lemon juice, and 1/3 cup sugar in above recipe, adding sugar to dissolved Jell-O and stirring until dissolved.

THAW ALL BIRDS EYE FRUIT before using, except Rhubarb. The way you thaw it depends on how soon you wish to use it. Slow thawing in the refrigerator gives the best results.

If you place the unopened carton in the refrigerator, the fruit thaws in 6 to 8 hours.

If the *unopened* carton is left on your kitchen table, at room temperature, the fruit will thaw in about 3 1/2 hours.

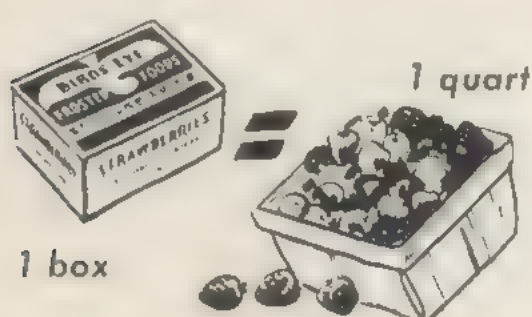
Taking the fruit out of the carton and letting it stand at room temperature shortens the time to 2 to 2 1/2 hours, if the fruit is separated from time to time with a fork, being careful not to break it. (Sliced Strawberries and Peaches should not be taken out of the sealed bag until served.)



For the very quickest thawing of all, Birds Eye Blueberries, Raspberries, and Boysenberries, which do not freeze in a solid block, may be separated into small dishes, then allowed to stand at room temperature about 1 hour. This method is convenient but gives less perfect results than slow thawing.

THERE'S A BEST WAY to serve Birds Eye fruits; it tells you how on each carton. Birds Eye Blueberries, Sliced Peaches, and Sliced Strawberries are best if served just thawed. Boysenberries and Red Raspberries are best if served just before they are completely thawed. Of course, Rhubarb must be cooked before serving.

PERHAPS YOU DON'T want to use your Birds Eye fruits today and would like to keep them for awhile. Then place the carton, unopened, in the freezing compartment of your refrigerator. These fruits will keep as long as they remain solidly frozen. Once they are thawed, they should be used promptly in order to obtain



the best results. But don't ever try to refreeze the fruit after it has been thawed. With ordinary slow freezing large ice crystals are formed which cut the cell walls and release the flavor juices. Only the miracle of quick-freezing can capture and hold the full flavor, color, and freshness of fruits.

FRUITS



STRAWBERRY BAVARIAN ICE BOX CAKE

1 tablespoon granulated gelatin	Dash of salt
2 tablespoons cold water	4 tablespoons sugar
1 box Birds Eye Sliced Strawberries, thawed	1 cup cream, whipped
2 teaspoons lemon juice	12 lady fingers or strips of sponge cake

Soak gelatin in water about 2 minutes. Drain berries; add lemon juice to fruit. Heat juice and pour over gelatin, stirring until gelatin is dissolved. Add salt and sugar. When cold, add fruit. Chill. When slightly thickened, fold in cream. Line bottom and sides of mold with lady fingers. Fill with berry mixture. Chill until firm. Unmold. Garnish with whipped cream, if desired. Serves 8.

Raspberry Bavarian Ice Box Cake. Use 1 box Birds Eye Red Raspberries and $\frac{1}{3}$ cup sugar in above recipe. Place raspberries in saucepan and heat slowly about 5 minutes. Drain.

Peach Bavarian Ice Box Cake. Use 1 box Birds Eye Sliced Peaches in above recipe. Cut peaches in small pieces and drain.

BIRDS EYE BAVARIAN CREAMS

Use recipe for Bavarian Ice Box Cake (above). Line sherbet glasses with lady fingers and fill with fruit-cream mixture. Chill until firm. Garnish with whipped cream. Or omit lady fingers, and turn fruit-cream mixture into ring mold or individual molds. Chill. Unmold. Serves 8.

BAVARIAN CREAM PIES

Use recipe for Bavarian Ice Box Cake (above), omitting lady fingers. Turn fruit-cream mixture into baked 9-inch pie shell, individual tart shells, or vanilla wafer crust. Chill. Garnish with whipped cream.

To make vanilla wafer crust, mix thoroughly $\frac{1}{4}$ cup sugar and $1\frac{1}{2}$ cups finely crushed vanilla wafers. Add $\frac{1}{3}$ cup hot melted butter and mix well. Pack on bottom and sides of 9-inch pie plate and bake in slow oven (325° F.) 15 minutes. Cool.

BIRDS EYE PEACH MOUSSE

1 box Birds Eye Sliced Peaches, thawed	$\frac{1}{8}$ teaspoon salt
$\frac{1}{3}$ cup sugar	2 teaspoons lemon juice
	1 cup cream, whipped

Crush fruit, add sugar, salt, and lemon juice and fold into whipped cream. Turn into freezing tray of automatic refrigerator and let stand $2\frac{1}{2}$ to 3 hours, or until firm. Or turn into mold, cover with waxed paper, press cover tightly down over paper, and pack in equal parts ice and salt; let stand $2\frac{1}{2}$ to 3 hours. Makes about $\frac{3}{4}$ quart mousse.

Strawberry Mousse. Use 1 box Birds Eye Sliced Strawberries and 2 tablespoons sugar in above recipe.

Red Raspberry Mousse. Use 1 box Birds Eye Red Raspberries and $\frac{3}{4}$ cup sugar in above recipe. Combine raspberries and sugar and heat until sugar is dissolved. Force through fine sieve. Chill.

STRAWBERRY SHORTCAKES

1 box Birds Eye Sliced Strawberries 1/3 cup cream, whipped
4 hot shortcake biscuits, split and buttered

Spread thawed strawberries on lower halves of hot shortcake biscuits; top with upper halves and additional berries. Garnish with whipped cream. Serves 4.

To make shortcake biscuits, sift together 1 1/2 cups sifted Swans Down Cake Flour, 1 1/2 teaspoons Calumet Baking Powder, and 1/2 teaspoon salt. Cut in 4 tablespoons butter or other shortening. Add 6 tablespoons milk and stir until mixture forms a soft dough. Turn out on slightly floured board and knead 30 seconds. Roll 1/4 inch thick and cut with floured 3-inch biscuit cutter. Place half of circles on ungreased baking sheet and brush with melted butter. Place remaining circles on top and butter well. Bake in hot oven (450° F.) 15 to 20 minutes.

Peach Shortcakes. Use 1 box Birds Eye Sliced Peaches in above recipe.

Red Raspberry or Boysenberry Shortcakes. Use 1 box Birds Eye Red Raspberries or Birds Eye Boysenberries in the above recipe. Add 1/2 cup sugar and 4 tablespoons water and crush slightly. Let stand 1/2 hour.

PEACH ICE CREAM TARTS

1 box Birds Eye Sliced Peaches, 1 tablespoon flour
thawed 3 egg whites
8 baked 3 1/2-inch tart shells 6 tablespoons sugar
2 teaspoons lemon juice 1 pint vanilla ice cream

Drain peaches, reserving juice; arrange peaches in bottom of tart shells and sprinkle with lemon juice. Add peach juice slowly to flour, stirring until smooth. Cook until thickened, stirring constantly. Cool and pour over peaches. Beat egg whites until foamy throughout; add sugar, 2 tablespoons at a time, beating after each addition until sugar is blended. Then continue beating until mixture will stand in peaks. Cover peaches with hard ice cream. Pile meringue on top, being sure ice cream is well covered. Place under broiler 3 minutes, or until meringue is browned. Serve immediately. Serves 8.

Strawberry Ice Cream Tarts. Use 1 box Birds Eye Sliced Strawberries, thawed, in above recipe. Reduce lemon juice to 1 teaspoon and add it to strawberry juice and flour just before cooking.

RHUBARB RASPBERRY COMPOTE

1/3 cup water 1 box Birds Eye Rhubarb
1 cup sugar 1 box Birds Eye Red Raspberries
2 teaspoons lemon juice

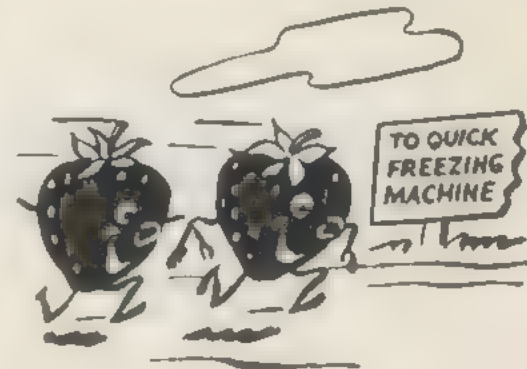
Mix water and sugar and bring to a boil; add frozen rhubarb and cook until tender. Remove from fire. Add frozen raspberries and lemon juice, cover, and let stand until raspberries are thawed. Chill before serving. Serves 6 to 8.

Rhubarb Boysenberry Compote. Use 1 box Birds Eye Boysenberries instead of raspberries in above recipe. Reduce lemon juice to 1 teaspoon.

Rhubarb Strawberry Compote. Use 1 box Birds Eye Sliced Strawberries instead of raspberries in above recipe. Reduce water to 1/4 cup, sugar to 1/2 cup, and increase lemon juice to 1 tablespoon.

YOUR FINGERS needn't be stained, if you use Birds Eye fruits. There's no hulling or cleaning or washing to do. All that has been done for you. All the waste has been thrown away and every ounce of fruit reaches the table. Best of all, there is never a bit of fruit that isn't in perfect condition.

BIRDS EYE PACKS only top-quality fruits; that's one reason why they are so delicious. In parts of the country where the finest fruits grow, there the quick-freezing packing plant is set up and the fruit quick-frozen immediately after harvest. At every plant are experts who carefully watch and control production and



each plant has its own laboratory which continually tests color, texture, appearance, and flavor. All of this is Birds Eye Quality Control.

It is this rigid Quality Control at every step of the Birds Eye process that insures guaranteed uniformity in the quality of each Birds Eye product.



The Queen of Desserts! Years ago Strawberry Shortcake was a seasonal luxury. Now you can have it on any day you please in the year. The recipe for Birds Eye Strawberry Shortcake is on page 25.

RASPBERRY GLACÉ LEMON PIE

- 1 package Lemon Jell-O
- 1 1/4 cups hot water
- 1/4 teaspoon salt
- 1/2 cup sugar
- 1/4 cup lemon juice
- 2/3 cup heavy cream
- 3/4 box Birds Eye Red Raspberries, thawed
- 1 baked 9-inch pie shell
- 1/4 box Birds Eye Red Raspberries, thawed
- 1 1/2 tablespoons sugar
- 2 tablespoons water

Dissolve Jell-O in hot water; add salt and 1/2 cup sugar. Reserve 1/2 cup Jell-O mixture for glacé. Add lemon juice to remaining Jell-O and chill until slightly thickened. Fold in cream, whipped only until thick and shiny, but not stiff. Turn into pie shell. Chill until firm. Cover with 3/4 box raspberries. Pour glacé over raspberries and chill until firm. Cut with sharp knife. Serves 8.

To make glacé, combine remaining 1/4 box raspberries with 1 1/2 tablespoons sugar and 2 tablespoons water in small saucepan. Cook gently until berries are soft. Rub through sieve and add to reserved 1/2 cup Jell-O. Chill until cold and syrupy.

FRUITS



TROPICAL RHUBARB

- 1 orange, peeled and sliced
- 3/4 cup sugar
- 1/4 teaspoon grated orange rind
- 1 box Birds Eye Rhubarb

Place orange slices in casserole and add sugar and orange rind. Top with frozen rhubarb. Bake in hot oven (400° F.) 1 hour. Serve hot or cold. Serves 4. This simple dish has delightful flavor. May be baked with crust on top like deep-dish pie.



BRIGHTEN UP YOUR MENUS. Some day when you think that there's nothing new under the sun, why not surprise the family with Birds Eye Boysenberries? A cross between a blackberry, loganberry, and raspberry, they are large berries with a rich full flavor captured by Birds Eye. So for an interesting dessert, serve Birds Eye Boysenberries, just thawed, with sugar and plain cream.

RASPBERRY AND ORANGE COCKTAIL

- 2 cups chilled orange sections, free from membrane
- 1 cup chilled orange juice
- 1 tablespoon lemon juice
- 1 tablespoon sugar
- 1 box Birds Eye Red Raspberries, thawed and sweetened
- 1/2 cup seedless white grapes
- 6 sprigs of mint

Drain orange sections, reserving juice; add additional orange juice to make 1 cup. Add lemon juice and sugar. Place orange sections in bottom and around sides of each sherbet glass and fill center with raspberries. Garnish with grapes, placing 1 grape between adjacent orange sections. Pour fruit juices over fruit. Add mint. Serves 6.

PEACH AND STRAWBERRY MOLD

- 1 box Birds Eye Sliced Peaches, thawed
- 1 box Birds Eye Sliced Strawberries, thawed
- 2 tablespoons lemon juice
- 1 1/2 cups fruit juice and water
- 1 package Imitation Strawberry Jell-O
- 1 1/2 cups cream, whipped

Drain peaches and strawberries, reserving juice. Sprinkle fruit with lemon juice. Measure fruit juice, add water to make 1 1/2 cups, and heat. Dissolve Jell-O in hot fruit juice and water. Chill until thickened. Add gradually to whipped cream, beating thoroughly with rotary egg beater after each addition. Fold in fruits. Turn into large ring mold or individual molds. Chill until firm. Unmold. Serves 10 to 12.



YOU WON'T BE DISAPPOINTED! Have you ever taken home a box of strawberries, which looked on top of the box as if they had just been picked? But when you turned them out—what a disappointment! You will never have this experience with Birds Eye Strawberries. They have been carefully cleaned, hulled, sliced, and sugared, and there's never an imperfect berry. One box equals one quart of whole berries.

PEACH AND RASPBERRY COCKTAIL

- 1 box Birds Eye Sliced Peaches, thawed and halved
- 1 tablespoon lemon juice
- 1 box Birds Eye Red Raspberries, thawed and sweetened

Combine peaches and lemon juice. Arrange 1/2 of peaches in sherbet glasses, cover with raspberries, and arrange remaining peaches on top. Chill. Garnish with mint. Serves 6.

KIRSCH BIRDS EYE BERRIES

- 4 lumps sugar or 2 1/2 tablespoons granulated sugar
- 4 teaspoons orange juice
- 1 two-inch piece orange peel
- 1 two-inch piece lemon peel
- 1 box Birds Eye Red Raspberries or Sliced Strawberries, thawed
- 1/2 cup Kirsch or other cordial
- 8 servings vanilla ice cream

Combine sugar, orange juice, and orange and lemon peel in chafing dish and heat slowly until sugar is dissolved. Add berries and 6 tablespoons Kirsch. Heat remaining 2 tablespoons Kirsch in large spoon and set it aflame. When blazing pour over berries. As soon as blaze dies down, pour sauce over vanilla ice cream. Serves 8.

In dozens of households this dessert is an all-time favorite. Birds Eye Sliced Strawberries folded into Minute Tapioca Cream, made as directed on the package.



HERE'S SOME GOOD ADVICE.

Birds Eye Sliced Peaches are at their very best when just thawed. If you wish to hasten thawing, remove the bag of fruit from the carton and let stand in the sealed bag about 2½ hours at room temperature. If the peaches are not to be served immediately after being taken from the bag, they should be sprinkled with lemon or pineapple juice to prevent discoloration.

THERE'S ONE THING to remember about Birds Eye fruits. They are always sun-ripened just to the right point before they are picked. The Strawberries are plump and bursting with juice; there are no half-green and sour berries. They are gathered when at



their most luscious. The Peaches are mellow and brimming with flavor, never hard and tasteless. So it is with all Birds Eye fruits. They are minutes off the bush, and the magic of quick-freezing seals in all the goodness—all the fresh flavor—that makes fruit delicious.

FRUITS



PEACH OR STRAWBERRY ANGEL PIE

3 egg whites
¾ cup sugar
Dash of salt
¼ teaspoon vanilla

1 box Birds Eye Sliced Peaches or Sliced Strawberries, just thawed
1 tablespoon lemon juice
½ cup cream, whipped

Beat egg whites until stiff but not dry. Add sugar, 2 tablespoons at a time, beating after each addition until sugar is blended. Add salt and vanilla and continue beating until mixture will stand in peaks. Turn into lightly greased 8-inch pie plate, building sides up ½ inch above edge of plate. Bake in slow oven (300° F.) 45 minutes. Cool. Drain fruit, reserving juice. Then arrange fruit in center of meringue shell. Sprinkle with 2 teaspoons lemon juice. Mix remaining lemon juice and fruit juice, and boil 10 minutes, or until slightly thickened. Cool and pour over fruit. Arrange wreath of cream around edge. Serves 6.

Raspberry or Boysenberry Angel Pie. Use 1 box Birds Eye Raspberries or Boysenberries, just thawed, in above recipe. Omit lemon juice. Bake meringue as directed. When cold, fill center with berries and arrange wreath of cream around edge. Serves 6.

BIRDS EYE SUNDAE SAUCES

Strawberry Sauce. Use 1 box Birds Eye Sliced Strawberries, thawed. Makes 1¾ cups sauce.

Raspberry Sauce. Combine 1 box Birds Eye Red Raspberries, thawed, ½ cup sugar, 2 tablespoons water, and 2 teaspoons lemon juice. Crush slightly and let stand about ½ hour. Makes 1½ cups sauce.

Peach Sauce. Use 1 box Birds Eye Sliced Peaches, thawed. Cut in small pieces and combine with 2 teaspoons lemon juice. Makes 1⅔ cups sauce.

Rhubarb Sauce. Separate 1 box Birds Eye Rhubarb, partially thawed. Add 1 cup sugar. Cover and heat over low flame until sugar is dissolved, stirring occasionally. Then cook gently about 8 minutes, or until tender. Cool quickly. Makes 2⅓ cups sauce.

RASPBERRY PUFF PUDDING

1 box Birds Eye Red Raspberries, thawed
⅔ cup sugar

1 tablespoon flour
2 teaspoons lemon juice
1 tablespoon melted butter

Place fruit in saucepan. Combine sugar and flour and stir into fruit. Add lemon juice and butter. Bring to a boil and pour into 6-inch casserole or baking dish, 8x4x3 inches. Cover with topping and bake in moderate oven (350° F.) 40 minutes, or until done. Serves 4.

To make topping, combine 1 egg, ¼ teaspoon salt, ⅛ teaspoon cream of tartar, and ¼ teaspoon grated lemon rind; beat until foamy. Beat in 3 tablespoons sugar, 1 tablespoon at a time. Add 4 tablespoons flour, sifted, and stir until smooth. Add ¼ teaspoon vanilla.

Blueberry or Peach Puff Pudding. Use 1 box Birds Eye Blueberries or Sliced Peaches, ¼ cup sugar, and 1 tablespoon lemon juice in fruit mixture in above recipe.

Rhubarb Puff Pudding. Use 1 box Birds Eye Rhubarb, ¼ cup water, 2 tablespoons flour, and omit lemon juice in fruit mixture in above recipe.

BLUEBERRY PIE

- 1 box Birds Eye Blueberries, thawed
- 1/2 cup sugar
- 1/4 teaspoon salt
- 2 tablespoons flour
- Dash of cinnamon
- 1 tablespoon melted butter
- 2 tablespoons lemon juice
- Pastry

Combine blueberries, sugar, salt, flour, cinnamon, butter, and lemon juice. Line an 8-inch pie plate with pastry rolled about 1/8 inch thick, allowing pastry to extend 1/2 inch beyond edge of plate. Moisten edge of pastry with cold water and fold inward, even with rim of plate. Fill with blueberry mixture. Moisten edge again. Roll upper crust of pastry 1/8 inch thick. Fold half the pastry back on other half. With sharp knife make several slits to permit escape of steam. Place upper crust on filled lower one, opening out folded half after it is placed on pie, and drawing snugly across top to prevent sagging at edges. Press edges together. Trim off surplus pastry, being careful not to cut folded edge. Bake in hot oven (450° F.) 20 minutes; decrease heat to 350° F. and bake 25 minutes longer.

RHUBARB MERINGUE PIE

- 1 box Birds Eye Rhubarb, thawed
- 3 tablespoons flour
- 2/3 cup sugar
- 1/8 teaspoon salt
- 2 egg yolks, slightly beaten
- 2 tablespoons melted butter
- 1/2 cup seeded raisins
- Pastry
- 2 egg whites
- 4 tablespoons sugar

Drain rhubarb, reserving juice. Combine flour, sugar, and salt. Add rhubarb juice and mix well. Add egg yolks and butter, mixing thoroughly. Add raisins and rhubarb. Line a 9-inch pie plate with pastry rolled 1/8 inch thick, allowing pastry to extend 1 inch beyond edge. Fit loosely on plate. Fold edge back to form standing rim and flute with fingers. Fill with rhubarb mixture. Bake in hot oven (450° F.) 15 minutes; then decrease heat to moderate (350° F.) and bake 35 minutes.

Beat egg whites until foamy throughout. Add sugar, 2 tablespoons at a time, beating after each addition until sugar is blended. Then continue beating until mixture will peak. Pile on filling. Bake in moderate oven (350° F.) 15 minutes.

BAVARIAN PUDDING WITH FRUIT SAUCE

- 1 tablespoon granulated gelatin
- 2 cups milk
- 2 egg yolks, slightly beaten
- 3 tablespoons sugar
- Dash of salt
- 3/4 teaspoon vanilla
- 3/4 cup cream, whipped
- 1 box Birds Eye Sliced Strawberries, Peaches, or Red Raspberries, thawed

Soak gelatin in 1/4 cup milk 5 minutes. Combine egg yolks, remaining 1 3/4 cups milk, sugar, and salt in top of double boiler. Place over boiling water and cook until mixture coats spoon, stirring constantly. Remove from boiling water, add gelatin, and stir until gelatin is dissolved. Cool. When slightly thickened, fold in vanilla and whipped cream. Turn into ring mold or individual molds and chill until firm. Unmold and serve with strawberries, peaches, or sweetened raspberries poured around mold as a sauce. Serves 6 to 8.

STRAWBERRY AND GRAPEFRUIT COCKTAIL

- 1 3/4 cups chilled grapefruit sections, free from membrane and split in halves
- Chilled grapefruit juice
- 1 box Birds Eye Sliced Strawberries, thawed
- 6 sprigs of mint

Sweeten grapefruit sections and chill 1/2 hour. Drain, reserving juice. Arrange 6 grapefruit sections in bottom and around sides of each sherbet glass and fill center with strawberries. Pour grapefruit juice over fruit. Garnish with mint. Serves 6.



WHEN THE SNOW IS BLOWING and it's the middle of the winter, that's the day to serve the family delicious red raspberries and cream. Raspberries so brimming over with flavor that it seems as though they had just been picked. There's no secret to it, of course. They are Birds Eye Red Raspberries—a real treat in winter or summer!

MAINE BLUEBERRY CAKE

- 2 1/2 cups sifted flour
- 2 1/2 teaspoons Calumet Baking Powder
- 1/2 teaspoon salt
- 1/2 cup butter or other shortening
- 1 cup sugar
- 1 egg, unbeaten
- 1/2 cup milk
- 1 box Birds Eye Blueberries, partially thawed

Sift flour once, measure, add baking powder and salt, and sift again. Cream butter thoroughly, add sugar gradually, and cream together well. Add egg and beat very thoroughly. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add berries. Turn into greased 13x9x2-inch pan. Bake in moderate oven (350° F.) 45 minutes.

STRAWBERRY MACAROON CREAM

- 1 box Birds Eye Sliced Strawberries, thawed
- 1 tablespoon lemon juice
- 1/2 cup fine macaroon crumbs
- Dash of salt
- 2 tablespoons sugar
- 1/4 teaspoon vanilla
- 1 1/2 cups cream, whipped

Crush strawberries until thoroughly mashed, or force through coarse sieve. Add lemon juice, and turn into freezing tray of automatic refrigerator. Fold macaroon crumbs, salt, sugar, and vanilla into whipped cream. Spread lightly on berry mixture. Place in refrigerator, setting control for coldest freezing temperature, and freeze until firm. Freezing time: 3 to 4 hours. Unmold. Serves 8.



USE CARE IN THAWING RASPBERRIES. Raspberries are a delicate fruit and require careful handling. Slow thawing in the refrigerator is the best. The more the thawing is hurried, the more the fruit softens and the juice leaks. Time the thawing, for Birds Eye Red Raspberries are best if served just before they are completely thawed.

FRUITS



A BIT OF SPRING any day in the year with Birds Eye Rhubarb. This rhubarb is always uniform; all imperfect stalks have been discarded. Perfectly ripened, fine-flavored stalks have been cleaned and cut into one-inch lengths. There's nothing to do but cook it! And that takes only a few minutes!

BIRDS EYE RASPBERRY SHERBET

- 3/4 cup sugar
- 1 box Birds Eye Red Raspberries, thawed
- 1 1/2 teaspoons granulated gelatin
- 1/2 cup water
- 2 tablespoons lemon juice
- 2 egg whites Dash of salt

Add sugar to berries and crush. Place over low flame and cook 5 minutes. Force through sieve and keep hot. Soak gelatin in water 5 minutes. Add to berries. Cool. Add lemon juice. Turn into freezing tray of automatic refrigerator, setting control for coldest freezing temperature. Freeze until mushy but not hard. Remove to cold bowl and beat with rotary egg beater until fluffy and light. Add salt to egg whites and beat until stiff but not dry. Fold egg whites into raspberry mixture. Return to freezing tray and freeze until firm, stirring thoroughly once after first 1/2 hour of freezing. Freezing time: 4 to 5 hours. Makes about 3/4 quart sherbet.

SWEETENED TO TASTE! Birds Eye Sliced Peaches and Sliced Strawberries are sweetened before packing. When using these fruits in other recipes, remember to make allowance for the sugar.

"Glamorous" is a word that is overworked but here's one place where it really belongs. Luscious Birds Eye Peaches are held in a shining mold of Orange Jell-O.





DWELLERS along the seacoast have always enjoyed sea food dinners but now folks, hundreds of miles away, can buy fish as ocean-fresh as the day they were caught. These Birds Eye fish are available in any season, with a money-back guarantee.

The prices are reasonable, too. In the former way of buying, you bought a 3-pound codfish. You paid for the head, tail, bones, and insides, which averaged over 65% of the weight. Today you buy only one pound of Birds Eye Cod Fillets and there is no waste to throw away. Every ounce you pay for is served and can be eaten.

Another point to remember is this. You can always depend on the quality of Birds Eye fish. They are the very freshest fish that the boat brings into port and are quick-frozen only a few hours after the boat comes in. Like other sea foods, these Birds Eye fish are rich sources of iodine, a mineral which is often lacking in the diets of people who live in sections that are far from the sea.

Most families prefer fish cooked in a simple way, then served plain or with sections of lemon. So on page 32 of this book is a basic recipe for Broiled, Pan-fried, or Baked Fish, with a table giving the time for cooking the different kinds of Birds Eye fish. With this one recipe and using the steaks and fillets which Birds Eye offers, a wide variety of fish dinners is possible.

Also in this book are approximately two dozen recipes for serving Birds Eye fish in other interesting ways. You may be a lover of Fish Chowder, Manhattan or New England style, pages 33 and 35.

For a very special luncheon, Halibut Timbales with Lemon Parsley Butter (page 36) or Jellied Salmon Loaf (page 37) are delicious possibilities. Whether it be a simple home meal or a company dinner you are planning, you can find plenty of suggestions in this book.



COOKING OF BIRDS EYE FISH

BIRDS EYE FISH FILLETS AND STEAKS

Cod Fillets	Fillets of Flounder	Salmon Steaks
Haddock Fillets	(Sole Variety)	Halibut Steaks
Mackerel Fillets	Red Perch Fillets	Swordfish Steaks
	Halibut Fillets	

Use Birds Eye Fillet or Steak (frozen or thawed).

Some packages of fillets contain more than one piece. These fillets may be cooked in one piece (frozen) or they may be partially thawed and separated before cooking. Fillets of Red Perch and Mackerel are best partially thawed and separated.

In most cases, a range of cooking time is given in the Timetable below. Allow the shorter cooking time for thawed fish and the longer cooking time for frozen fish. Do not overcook.

Broiled Fish. Brush fillet or steak with mixture of melted butter, salt, pepper, and paprika. Place on well-greased broiler and broil, turning to brown both sides.

Pan-fried Fish. Roll fillet or steak in seasoned flour. Fry in small amount of cooking oil in heavy iron skillet, turning to brown both sides.

Baked Fish. Place fillet or steak in buttered shallow baking dish; spread with softened butter and sprinkle with salt, pepper, paprika, and buttered crumbs, if desired. Bake in hot oven (450° F.) until done.

For Fillet of Red Perch, pour milk around fillet, and reduce the baking temperature to 350° F.

TIMETABLE FOR COOKING BIRDS EYE FISH

BIRDS EYE FISH	TO BROIL	TO PAN-FRY	TO BAKE
Fillet of Cod	15 to 25 min.	15 to 25 min.	35 to 45 min.
Fillet of Flounder (not separated)	12 to 18 min.	8 to 10 min.	25 to 30 min.
Fillet of Flounder (separated)	8 to 10 min.	3 to 5 min.	20 to 25 min.
Fillet of Haddock	12 to 18 min.	8 to 10 min.	30 min.
Fillet of Halibut	10 to 12 min.	8 to 10 min.	20 min.
Fillet of Mackerel	10 to 12 min.	8 to 10 min.	20 min.
Fillet of Red Perch	10 to 15 min.	8 to 10 min.	30 to 40 min.
Halibut Steak	10 to 15 min.	10 to 15 min.	20 to 30 min.
Salmon Steak	10 to 12 min.	10 to 15 min.	20 to 35 min.
Swordfish Steak	10 to 20 min.	15 to 20 min.	25 to 30 min.

BUTTER SAUCES FOR FISH

Tart Lemon Butter. Cream 4 tablespoons (2 ounces) butter, add 2 to 3 tablespoons lemon juice, and cream well. Makes enough sauce for 4 to 6 servings of fish.

Lemon Parsley Butter. To Tart Lemon Butter (above), add 4 tablespoons minced fresh parsley.

EVEN THOUGH you are hundreds of miles from the sea-coast, you can honestly say that you've never tasted fish so refreshingly fresh unless you've actually caught them on your own hook and line. They are the finest ocean-fresh fish, with a money-back guarantee. Of course, it's Birds Eye fish we are talking about.

SEA FOODS are rich sources of proteins and minerals. They are one of the best natural sources of iodine, a mineral



lacking in diets of many people who live far from the sea. With the magic of quick-freezing, these good foods are made accessible to people living hundreds of miles inland.

REMEMBER TIMES when you've brought home fish and stored it in the icebox — how "fishy" the box smelled? But that's not true with Birds Eye fish. These trim little packages of fish can be stored until time for fish to be cooked. And there's never a smell. It's because they are quick-frozen.

FISH



COD BAKED WITH TOMATO SAUCE

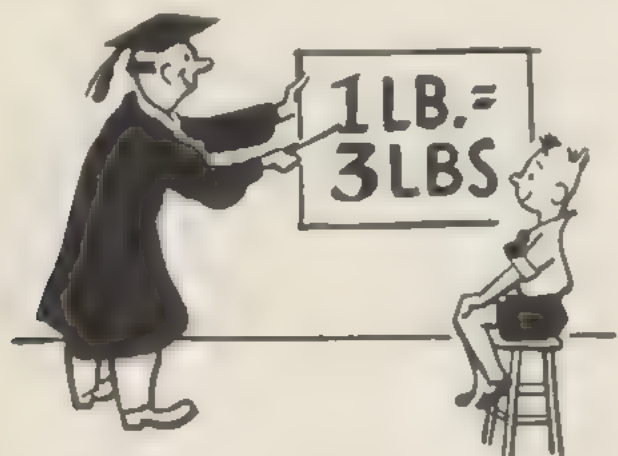
- 2 packages Birds Eye Fillet of Cod
- 2 tablespoons chopped onion
- 2 tablespoons finely diced celery
- 2 tablespoons shredded green pepper
- 4 tablespoons butter
- 1 tablespoon flour
- 1½ cups canned tomatoes
- ½ teaspoon salt
- Dash of pepper
- ½ teaspoon sugar
- ¼ bay leaf
- 1 tablespoon chopped parsley

Cut fillets (frozen or thawed) into servings and place in buttered shallow baking dish. Sauté onion, celery, and green pepper in butter until tender; add flour and mix well. Add remaining ingredients and cook slowly 10 to 15 minutes, stirring occasionally. Pour over fish and bake in hot oven (450° F.) 25 to 30 minutes, or until fish is tender. Serves 4 to 6.

MANHATTAN FISH CHOWDER

- 2 packages Birds Eye Fillet of Cod
- 3 strips bacon, diced
- ¼ cup diced celery
- ½ cup sliced onions
- 4 cups hot water
- 2 cups cubed potatoes
- 1 cup canned tomatoes
- 1½ teaspoons salt
- ⅛ teaspoon pepper

Cut fillets (frozen or thawed) in 1-inch cubes. Sauté bacon in kettle until crisp and delicately browned; then add celery and onions and sauté until tender. Add fish and remaining ingredients. Cook until fish and potatoes are done. Serves 6.



IN THE GOOD OLD DAYS, you bought a whole haddock, weighing 3 pounds. You threw away the head, the tail, the bones, and the insides. You cooked and ate only about 35% of it. Today, you buy one pound of Birds Eye Haddock Fillets and throw none away. You cook and eat every morsel.

FISH SOUFFLÉ SUPRÊME

- 1 package Birds Eye Fillet of Flounder, cooked
- 1 cup fish liquor and heavy cream
- 2 tablespoons melted butter
- 2½ tablespoons flour
- Dash of pepper
- 4 egg yolks, beaten until thick and lemon-colored
- 4 egg whites, stiffly beaten

To cook flounder, place the flounder (frozen or thawed) in saucepan, add ½ cup boiling water and ¾ teaspoon salt and cook until tender. Drain, reserving liquor; add cream to make 1 cup. Separate fish into very fine flakes.

Combine butter, flour, and pepper; add fish liquor and cream gradually, stirring until smooth. Cook over medium flame until well thickened, stirring constantly. Add fish and cool. Add egg yolks and mix well. Fold into egg whites. Turn into greased casserole. Place in pan of hot water and bake in moderate oven (350° F.) 1 hour, or until soufflé is firm. Serve with melted butter. Serves 6.

A GOOD THING TO KNOW! Fish is a food that is best when ocean-fresh. And Birds Eye brings that kind of good, wholesome fish. Once thawed, though, it will keep only as long as fish that has not been quick-frozen. Of course, you should never attempt to refreeze it, but should cook it soon, just as you would fish that has not been quick-frozen.

Aren't you glad you didn't live back in Grandmother's day? When she bought haddock, she had a whole fish to wrestle with. Today we buy neat Birds Eye packages.





This looks like a traditional Fourth of July dinner. It's broiled salmon with green peas. But we throw tradition overboard. We serve Birds Eye Salmon and Green Peas any day in the year.

BAKED HADDOCK WITH DRESSING

- 2 packages Birds Eye Fillet of Haddock
- 1½ tablespoons chopped onion
- 1 cup chopped mushrooms
- 3 tablespoons butter
- 1 teaspoon chopped parsley
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1 tablespoon water
- 1½ cups fine bread crumbs

Place fillets (frozen or thawed) in buttered shallow baking dish. Sprinkle with salt and pepper. Sauté onion and mushrooms in butter 5 minutes. Add parsley, salt, pepper, water, and bread crumbs, and mix thoroughly. Spread over fish. Bake in moderate oven (375° F.) 35 to 45 minutes, or until done. Serve plain or with Celery Sauce (page 35). If desired, add 1 tablespoon chopped parsley to sauce before serving. Serves 4.

Strips of bacon may be placed on top of dressing before baking.

FISHERMAN'S DINNER

- 2 packages Birds Eye Fillet of Cod, cooked
- 1½ cups fish liquor and milk
- ¾ cup cracker crumbs
- ½ teaspoon salt
- Dash of pepper
- 2 tablespoons chopped pimiento
- 1 tablespoon lemon juice
- 1 teaspoon scraped onion
- 2 eggs, slightly beaten
- ¼ cup cracker crumbs, buttered

To cook codfish, place codfish (frozen or thawed) in saucepan; add 1 cup water, 1 small onion, sliced, 1 bay leaf, 1 teaspoon salt, and 2 peppercorns. Cover and cook gently 10 minutes. Drain, reserving liquor; add milk to make 1½ cups.

Separate codfish into flakes; mix with ¾ cup cracker crumbs, salt, pepper, pimiento, lemon juice, and onion. Combine eggs and fish liquor and milk. Place codfish mixture in greased 8x8x2-inch pan, add egg mixture, top with buttered cracker crumbs, and sprinkle with paprika. Bake in moderate oven (350° F.) 1 hour. Serve with Celery Sauce (page 35). Serves 8.

FISH



FISH CHOWDER

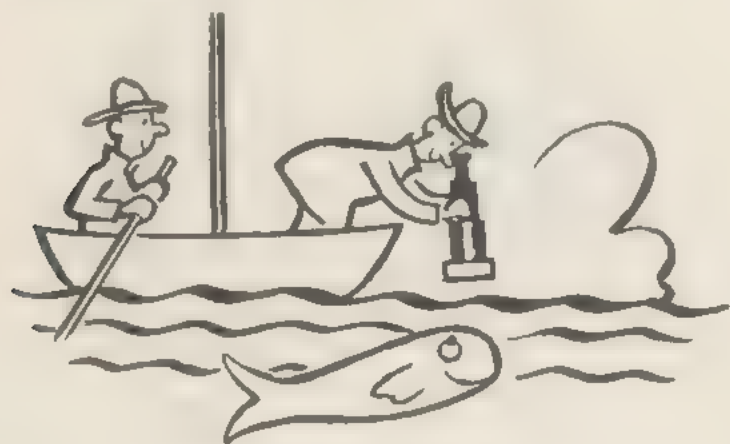
- 1/4 cup diced fat salt pork
- 3/4 cup sliced onions
- 2 cups hot water
- 2 cups sliced potatoes
- 2 packages Birds Eye Fillet of Haddock or Cod
- 2 1/2 teaspoons salt
- Dash of pepper
- 1 cup evaporated milk
- 3 cups fresh milk

Try out salt pork in kettle until crisp and delicately browned. Add onions and sauté slowly. Add water and potatoes and cook 5 minutes, or until potatoes are partially done. Then add fish (frozen or thawed) and cook until it may be separated in large pieces with fork. Add remaining ingredients; reheat and serve. Serves 6.

CURRY OF HALIBUT

- 2 Birds Eye Halibut Steaks or 2 packages Birds Eye Fillet of Halibut
- 1 1/2 cups carrots, cut in strips
- 3/4 cup celery, cut in strips
- 3/4 cup thinly sliced onions
- 3 tablespoons butter
- 1/2 teaspoon salt
- Dash of pepper
- 1/2 teaspoon curry powder
- 1/2 cup milk

Place halibut (frozen or thawed) in buttered baking dish; sprinkle with salt and pepper. Sauté carrots, celery, and onions in butter 5 minutes. Add salt, pepper, and curry powder, and mix well; then add milk and heat thoroughly. Pour over fish, cover, and bake in moderate oven (350° F.) 30 minutes; then remove cover and bake 10 minutes longer. Serves 4.



TOP OF THE CATCH. That's what Birds Eye fish are. When fishing boats arrive at the pier, the freshest fish—the last ones caught before the boat turns back to port—are called the “top of the catch.” These are the fish that Birds Eye chooses for quick-freezing. They are “top” quality.

HADDOCK LOAF

- 2 packages Birds Eye Fillet of Haddock, cooked
- 1 cup fish liquor
- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup fine bread crumbs
- 1 tablespoon chopped pimiento
- 2 tablespoons chopped onion
- 1 egg, slightly beaten
- 1/2 teaspoon salt Dash of pepper
- 1 hard-cooked egg, chopped
- 3 tablespoons chopped parsley

To cook haddock, place the haddock (frozen or thawed) in saucepan, add 1 cup boiling water, 1/2 teaspoon salt, 1 onion, sliced, and 4 peppercorns. Cover and cook gently 10 to 12 minutes, or until tender. Drain, reserving liquor; measure 1 cup. Separate fish into flakes.

Melt butter in saucepan, add flour and stir until smooth. Add fish liquor gradually and cook until thickened, stirring constantly. Add flaked fish and remaining ingredients, and mix well. Turn into greased loaf pan. Place in pan of hot water and bake in moderate oven (350° F.) 1 hour, or until browned. Serve with Celery Sauce. Serves 4 to 6.

Celery Sauce. Sauté 1/2 cup chopped celery in 3 tablespoons butter until tender, and stir in 1 tablespoon flour. Add 1 cup milk and cook until thickened, stirring constantly. Season with 1/2 teaspoon salt and dash of pepper. Makes about 1 cup sauce.

HADDOCK BAKED WITH CHEESE

- 2 packages Birds Eye Fillet of Haddock, partially thawed
- 1 tablespoon minced onion
- 4 tablespoons butter
- 1/4 teaspoon salt Dash of pepper
- 1 1/2 cups fine soft bread crumbs
- 1/4 cup grated American cheese
- 1/2 cup milk

Separate fillets and cut in servings; sprinkle with salt and pepper and place in shallow baking dish. Sauté onion in butter until delicately browned. Add salt, pepper, bread crumbs, and cheese, and toss lightly with fork to mix well. Spread over fillets, pressing firmly on fish. Pour milk around fish and bake in moderate oven (350° F.) 35 minutes, or until done. Serves 4.

• *This recipe can be used with Fillet of Cod, Fillet of Flounder, Fillet of Red Perch, or Swordfish Steaks. (Bake Swordfish Steaks in moderate oven (350° F.) about 50 minutes.)*

HALIBUT TIMBALES

- 1 package Birds Eye Fillet of Halibut or
1 Birds Eye Halibut Steak, cooked
- 1 cup fish liquor and milk
- 2 tablespoons butter
- 3 tablespoons flour
- 1 teaspoon lemon juice
- 1/4 teaspoon scraped onion
- 1/2 teaspoon Worcestershire sauce
- 2 egg yolks, slightly beaten
- 2 egg whites, stiffly beaten

To cook halibut, place halibut (frozen or thawed) in saucepan; add 1 cup water, slice of onion, 1/4 bay leaf, 3 peppercorns, and 1/2 teaspoon salt. Cover and simmer 10 minutes, or until fish is tender. Drain, reserving liquor; add milk to make 1 cup. Separate fish into flakes.

Melt butter in saucepan, add flour and stir until smooth. Add fish liquor and milk gradually and cook until thickened, stirring constantly. Remove from fire. Add fish, lemon juice, onion, Worcestershire sauce, and egg yolks and mix well. Fold into egg whites. Turn into greased ramekins. Place in pan of hot water and bake in moderate oven (350° F.) 40 minutes, or until firm. Or turn into greased casserole, place in pan of hot water, and bake in moderate oven (350° F.) 1 hour. Serve with Lemon Parsley Butter (page 32). Serves 6.

BAKED MACKEREL WITH DRESSING

- 1 package Birds Eye Fillet of Mackerel,
partially thawed
- 1/2 cup milk
- 1/4 cup chopped celery
- 1/4 cup chopped onion
- 4 tablespoons butter
- 1/4 teaspoon salt
- Dash of pepper
- 1/8 teaspoon Worcestershire sauce
- 1 teaspoon chopped parsley
- 2 cups fine soft bread crumbs

Separate fillets and place, skin-side down, in buttered baking dish. Pour milk around fish; sprinkle with salt and pepper. Sauté celery and onion in butter until delicately browned; add salt, pepper, Worcestershire sauce, and parsley, and mix well. Then add bread crumbs, tossing lightly to mix. Spread over fish. Bake in moderate oven (350° F.) 40 minutes, or until fish is done and crumbs are browned. Serves 4.

FISH



MACKEREL PIQUANT

- 2 packages Birds Eye Fillet of Mackerel,
partially thawed
- 1 teaspoon scraped onion
- 1/4 teaspoon pepper
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 4 tablespoons melted butter
- 1 tablespoon chopped parsley

Separate fillets. Arrange in greased shallow baking dish. Combine onion, pepper, lemon juice, salt, and butter, and spread over fish. Bake in moderate oven (350° F.) 40 minutes, or until fish is done. Sprinkle with parsley and serve at once. Serves 4 to 6.

• *Try Fillet of Red Perch or Fillet of Haddock. They may also be used in this simple recipe.*

MACKEREL WITH BACON AND ONIONS

- 1 package Birds Eye Fillet of Mackerel,
partially thawed
- Salt and pepper
- 1 cup sliced onions
- 4 tablespoons butter
- 1/2 cup fine soft bread crumbs
- 2 slices crisp broiled bacon, crushed

Separate fillets, arrange in greased shallow baking dish, and sprinkle with salt and pepper. Sauté onions gently in butter until tender but not browned. Turn out on fish, sprinkle with crumbs, and top with bacon. Bake in hot oven (400° F.) 15 minutes, or until fish is done and crumbs are browned. Serves 4.



A NOTE ON FILLETS OF FLOUNDER. When you cook Birds Eye Fillets of Flounder, be sure to choose the proper cooking time, as given in the Timetable on page 32. A range of time is given for each method of cooking. You can cook Birds Eye Fillet of Flounder, frozen, in a solid block. You can cook it thawed, but not separated. You can cook it thawed and separated into pieces. Of course, this takes the shortest cooking time of all.

CREAMED PERCH AND MUSHROOMS

- 2 packages Birds Eye Fillet of Red Perch, cooked
- 3 cups fish liquor and light cream
- 2½ cups sliced mushrooms
- 4 tablespoons butter
- 4 tablespoons flour
- 1 teaspoon salt

To cook red perch, place perch (frozen or thawed) in saucepan, add 1 cup boiling water and ½ teaspoon salt. Cover and cook gently about 10 minutes, or until tender. Drain, reserving liquor; add light cream to make 3 cups. Separate perch into large flakes. Cook mushrooms in butter until well browned. Stir in flour. Add fish liquor and cream gradually and cook over low flame until thickened, stirring constantly. Add salt and perch. Reheat. Serve on hot buttered toast or in patty shells. Garnish with water cress. Serves 6 to 8.

• *This recipe can be used with several Birds Eye fish. Try Salmon Steak, Halibut Steak, Fillet of Halibut, or Fillet of Flounder.*

PERCH WITH ALMOND SAUCE

Use 2 packages Birds Eye Fillet of Red Perch (frozen or thawed). Separate fillets and roll in seasoned flour. Fry in small amount of cooking oil in heavy iron skillet 8 to 10 minutes, turning to brown both sides. Place on hot platter, pour Almond Sauce over fish, and sprinkle lightly with lemon juice. Garnish with parsley. Serves 4 to 6.

Almond Sauce. Add ½ cup shredded blanched almonds to 6 tablespoons melted butter in skillet; heat over medium flame, stirring constantly until almonds are delicately browned.

• *This recipe can be used with Fillet of Flounder, Fillet of Halibut, Halibut Steak, or Swordfish Steak. (Cook Halibut Steaks 10 to 15 minutes and Swordfish Steaks 15 to 20 minutes.)*

BAKED SALMON, RUSSIAN STYLE

- 1 Birds Eye Salmon Steak
- Salt and pepper
- ¼ cup thick sour cream
- 4 thin slices lemon
- 1 teaspoon minced parsley

Place salmon (frozen or thawed) in buttered baking dish and sprinkle with salt and pepper. Top with cream and lemon slices; sprinkle with parsley. Bake in moderate oven (350° F.) 35 to 40 minutes. Serves 2.

JELLIED SALMON LOAF

- 1 Birds Eye Salmon Steak, cooked
- Salt, pepper, and vinegar
- 1 box Birds Eye Green Peas, cooked
- 1¾ cups hot salmon liquor and water
- 1 tablespoon granulated gelatin
- ¼ cup cold water
- ¼ teaspoon Worcestershire sauce
- 2 drops tabasco
- 2 hard-cooked eggs, thinly sliced

To cook salmon, place salmon (frozen or thawed) in saucepan; add 1 cup water, ½ teaspoon vinegar, 4 peppercorns, 2 whole cloves, 1 bay leaf, 1¼ teaspoons salt, ¼ cup sliced onions, ½ cup sliced carrots, and ½ cup sliced celery. Cover and cook gently about 20 minutes. Drain salmon; cool.

Flake salmon; season with salt, pepper, and 1 tablespoon vinegar. Cook peas according to directions on package. Season peas with salt, pepper, and 1 tablespoon vinegar. Strain salmon liquor and add water to make 1¾ cups. Soak gelatin in cold water, add hot salmon liquor and water and stir until dissolved. Add Worcestershire sauce, tabasco, and salt and pepper to season; chill until slightly thickened. Pour ¼ inch layer into loaf pan and chill until firm. Arrange row of overlapping egg slices down center of mold. Cover with salmon flakes, then with drained peas. Pour over remaining gelatin mixture. Chill. Unmold on crisp lettuce. Serve with Cucumber Mayonnaise. Serves 6.

Cucumber Mayonnaise. Combine ¾ cup chopped cucumber, ⅛ teaspoon salt, dash of pepper, and 1 tablespoon vinegar and let stand 5 minutes. Drain thoroughly and fold into ½ cup mayonnaise. Makes about 1¼ cups sauce.

COLD SALMON WITH CUCUMBER SAUCE

- 1 Birds Eye Salmon Steak, cooked
- Cucumber Sauce

To cook salmon, place salmon (frozen or thawed) in saucepan; add 1 cup water, ¼ cup sliced celery, ¼ cup sliced onions, ¼ cup sliced carrots, 1 sprig parsley, 1 teaspoon salt, 4 peppercorns, 2 whole cloves, and 3 thick slices lemon. Cover and cook gently about 20 minutes, or until salmon is done. Cool in liquor. When cold, remove and chill. Serve with Cucumber Sauce. Serves 2.

Cucumber Sauce. Mix together lightly 1½ cups finely chopped and drained cucumber, 1 teaspoon salt, ⅛ teaspoon pepper, 1 teaspoon scraped onion, and 1½ to 2 tablespoons vinegar. Chill thoroughly. Makes 1¼ cups.



Food for epicures! This is Birds Eye Swordfish Steak, broiled to a turn, and garnished with parsley potato balls and mushrooms. Lemon, too, for those who want a dash. Doesn't just looking make you feel hungry?

PERCH BAKED WITH TOMATO

- 2 packages Birds Eye Fillet of Red Perch, partially thawed
- 1 tablespoon minced onion
- 2 tablespoons butter
- 1 cup canned tomato pulp
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 teaspoon sugar
- 5 drops Worcestershire sauce

Separate fillets; sprinkle with salt and pepper and arrange in shallow baking dish. Sauté onion in butter, add tomato and seasonings, and boil 5 minutes; pour over fish. Bake in hot oven (450° F.) 25 minutes, or until done. Serves 4 to 6.

• *Fillet of Haddock or Fillet of Cod may be used in this recipe.*

FLOUNDER WITH SPINACH

- 1 box Birds Eye Spinach, cooked
- 1 package Birds Eye Fillet of Flounder, cooked
- 1 cup fish and spinach liquor
- Light cream
- 3 tablespoons butter
- $2\frac{1}{2}$ tablespoons flour
- 6 tablespoons grated Parmesan cheese

Cook frozen spinach according to directions on package. Drain, reserving liquor. Chop spinach. To cook flounder, separate fillets (partially thawed), place in pan, and add $\frac{1}{2}$ cup boiling water and $\frac{1}{4}$ teaspoon salt. Cover and cook gently 5 minutes,

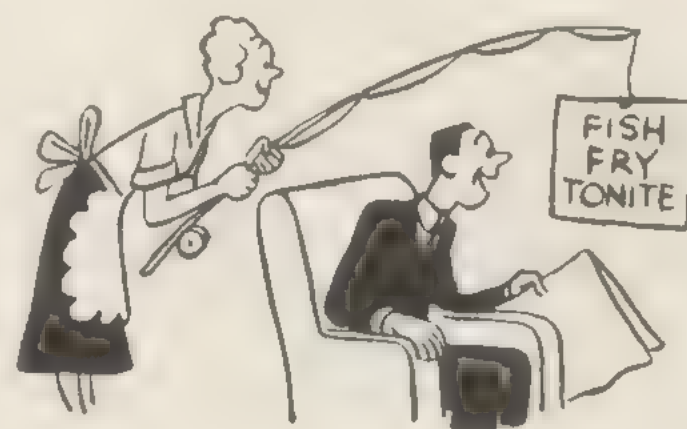
or until tender. Drain, reserving liquor; add spinach liquor to make 1 cup. Add $\frac{1}{2}$ teaspoon salt, a dash of nutmeg, 4 peppercorns, a dash of thyme, and 1 small onion, sliced, and cook gently 15 minutes. Strain; add light cream to make $1\frac{1}{2}$ cups.

Melt butter in saucepan, add flour, and stir until smooth. Add fish and spinach liquor and cream, and cook until thickened, stirring constantly. Add 2 tablespoons cheese. Pour small amount of sauce into shallow baking dish. Arrange spinach on sauce and sprinkle with 1 tablespoon cheese. Arrange flounder on spinach. Pour remaining sauce over fish and sprinkle with remaining cheese. Bake in very hot oven (500° F.) 10 minutes. Place under broiler 2 minutes, or until browned. Serves 4.

FLOUNDER WITH ANCHOVIES

- 2 packages Birds Eye Fillet of Flounder, thawed
- Flour, salt, pepper, oil
- $\frac{1}{2}$ cup butter
- 4 tablespoons chopped parsley
- 2 tablespoons lemon juice
- 2 teaspoons oil from anchovies
- 1 teaspoon Worcestershire sauce
- Anchovy fillets

Separate fillets and roll in seasoned flour. Fry in small amount of cooking oil in heavy iron skillet 3 to 5 minutes, turning to brown both sides. Brown butter in skillet, add parsley, lemon juice, anchovy oil, and Worcestershire sauce. Place fish on hot platter, top with anchovy fillets, pour butter sauce over fish, and serve at once. Garnish with water cress or parsley and ripe or stuffed olive slices, if desired. Serves 6 to 8.



EVERY DAY IS FRIDAY. Birds Eye fish fillets and steaks make possible great variety in menus. You don't have to wait until Thursday or Friday to get the best selection of fish. You can have a Birds Eye fish dinner any day in the week and be sure that your fish is always ocean-fresh!

FISH





PEOPLE WHO NEVER KNEW the taste of sea foods, fresh from the ocean, are now learning about them for the first time. Hundreds of miles from the sea, they are enjoying the fresh flavor and salt tang of these Birds Eye shellfish.

And Birds Eye is changing the buying habits of people everywhere. Now it's so convenient to buy these neat little packages of Birds Eye Oysters, Scallops, and Shrimps. And they are sold with a guarantee! What woman won't buy with an absolute guarantee of quality that she will be completely satisfied or her money will be refunded.

It's very pleasant to know that these fine shellfish are always in season! Of course, you've heard the saying: "Eat oysters only in the months with an R." So from May through August, oyster lovers have had to go without their favorite sea food. Now Birds Eye has changed all this, for Oysters and other shellfish are always available.

Birds Eye Oysters may be used either raw or cooked; in either case, you thaw them beforehand. It is not necessary to thaw Shrimps, but they must be cooked before using. There are complete directions on the carton telling you how.

Most people cook their shellfish in rather plain ways. An Oyster Stew, perhaps. There's a good recipe on page 41. Fried Scallops are popular. There are carton directions that tell you how to do it. Shrimps, thoroughly chilled, and heaped on lettuce with mayonnaise are simple but delicious.

But for those of you who like to put a little glamour into your foods, there are recipes in this book that tell you how to do it. Scallops Filippini (page 43) or Savory Shrimps (page 44) have interest and appeal. And for an after-theatre supper, try making Sea Food à la Newburg (page 41).



CREAMED OYSTERS AND MUSHROOMS

- 1/2 pound mushrooms, sliced
- 5 tablespoons butter
- 1 box Birds Eye Oysters, thawed
- 2 tablespoons flour
- 1 cup rich milk
- 1/4 cup oyster liquor
- 1 teaspoon lemon juice
- 1/2 teaspoon salt
- Dash of pepper
- 1/8 teaspoon celery salt

Sauté mushrooms in 2 tablespoons butter until tender. Place oysters in saucepan. Melt 3 tablespoons butter in another saucepan. Add flour and stir to a smooth paste. Add milk gradually, stirring constantly. As sauce begins to thicken, place oysters over medium heat, cover, and cook gently 2 to 3 minutes. Continue cooking sauce, stirring constantly, 2 to 3 minutes. Drain oysters; measure 1/4 cup oyster liquor. Add oysters, oyster liquor, lemon juice, and seasonings to white sauce. Add mushrooms. Reheat. Serves 4.

OYSTER OR SHRIMP COCKTAILS

Use 1 box Birds Eye Oysters, thawed. Allow 6 oysters for each serving. Arrange in shallow paper cups or cocktail glasses. Serve with either of the following cocktail sauces. Serves 4.

Or use 1 box Birds Eye Shrimps, cooked. Cook, peel, and clean shrimps as directed on package. Chill. Arrange shrimps in cocktail glasses. Serve with either of the following sauces. Serves 6.

Chili Cocktail Sauce

- 2/3 cup chili sauce
- 1 tablespoon horse-radish
- 2 tablespoons lemon juice
- 1/2 teaspoon grated lemon rind
- 1/4 teaspoon Worcestershire sauce
- 3 drops tabasco
- 1/4 teaspoon salt

Combine ingredients. Chill well. Makes 3/4 cup.

Mustard Cocktail Sauce

- 1/4 cup prepared mustard
- 1/2 cup heavy cream
- 1 tablespoon lemon juice
- Dash of salt

Combine ingredients. Chill well. Makes 3/4 cup.

SHELLFISH



This is something rather special. Why don't you try making it this very day? It's Oyster Baked Potatoes and the recipe, telling just how to do it, is on page 41.

PAN ROAST OF OYSTERS

- 4 tablespoons butter
- 1/4 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- Dash of pepper
- 1 box Birds Eye Oysters, thawed
- 1/2 cup chili sauce
- 1/2 cup heavy cream

Combine butter, Worcestershire sauce, salt, and pepper in saucepan; add oysters and sauté very gently until edges begin to curl. Add chili sauce and cream and heat thoroughly. Serve at once on hot buttered toast. Serves 4.

OYSTERS, BALTIMORE STYLE

- 2 thin slices ham
- 1 box Birds Eye Oysters, thawed
- 4 tablespoons butter
- 1/2 cup chili sauce
- 4 teaspoons Worcestershire sauce
- 4 tablespoons heavy cream

Cut ham slices in halves, and sauté in skillet until done. Remove to hot platter and keep hot. Sauté oysters gently in butter in same skillet until edges begin to curl. Arrange on rounds of hot buttered toast in center of platter and keep hot. Combine remaining ingredients in same skillet; mix well and heat thoroughly. Pour over ham and oysters. Serve at once. Serves 4.

• *This recipe can also be used with Birds Eye Scallops. Sauté scallops gently about 5 minutes.*

SEA FOOD À LA NEWBURG

- 3 cups Birds Eye Scallops, Oysters, or Shrimps
- 4 tablespoons butter
- 1 cup sea-food liquor and light cream
- 1/2 teaspoon salt
- Dash of pepper
- 1/4 teaspoon paprika
- 4 egg yolks
- 4 teaspoons sherry

Any desired combinations of the above sea foods may be used. (Shrimps should be cooked and peeled before using.) Sauté sea food in butter very gently until heated through. Drain, reserving liquor; add light cream to make 1 cup. Combine salt, pepper, and paprika in top of double boiler; add egg yolks and mix thoroughly. Add sea-food liquor and cream and blend. Place over hot water and cook until thickened, stirring constantly, being careful not to overcook and curdle mixture. Add sea food and heat well; then add sherry. Serve at once on toast points or in patty shells. Garnish with water cress. Serves 8.

SCALLOP BISQUE

- 1 box Birds Eye Scallops, thawed
- 1 tablespoon chopped onion
- 3 tablespoons butter
- 3 tablespoons flour
- 1 1/2 teaspoons salt
- Dash of pepper
- 1/4 teaspoon paprika
- 3 1/2 cups milk
- 3 tablespoons butter

Chop scallops fine. Sauté onion in 3 tablespoons butter in top of double boiler until delicately browned. Add flour and seasonings and stir until smooth; add milk gradually. Place over rapidly boiling water and stir until slightly thickened. Sauté scallops gently in 3 tablespoons butter about 5 minutes. Add to sauce in double boiler. Serve at once. Serves 8.

OYSTER STEW

- 1 box Birds Eye Oysters, thawed
- 4 tablespoons butter
- 2 to 4 cups rich milk
- or 3 cups milk and 1 cup light cream, scalded
- Salt and paprika

Sauté oysters in butter until edges curl. Add to hot milk, season with salt and paprika, and serve at once. Serves 2 to 4.

OYSTER BAKED POTATOES

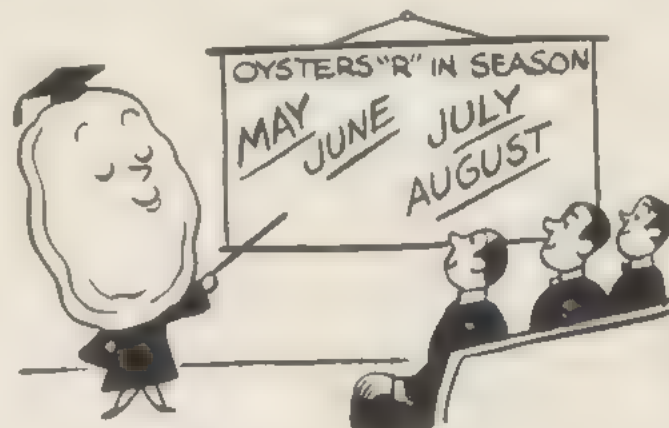
- 4 large baking potatoes
- Melted butter
- 1 box Birds Eye Oysters, thawed
- French dressing
- Hot milk, butter, salt, pepper
- 1/2 cup buttered bread crumbs
- Paprika

Scrub potatoes, brush with melted butter, and bake in hot oven (400° F.) 1 hour, or until done. Marinate oysters in French dressing 30 minutes. Drain. Cut potatoes lengthwise in halves and scoop out inside. Mash, add butter and hot milk, and season with salt and pepper. Beat until light and fluffy. Pile mixture into potato shells, making a hollow in center of each half. Arrange oysters in hollows in potatoes. Top with buttered crumbs, sprinkle with paprika, and return to oven 15 minutes, or until crumbs are browned. Serves 8.

OYSTERS INDIENNE

- 1 box Birds Eye Oysters, thawed
- 4 tablespoons butter
- 1 cup oyster liquor and rich milk
- 1 1/2 tablespoons flour
- Dash of salt
- Dash of pepper
- 1/4 teaspoon curry powder

Sauté oysters very gently in 2 tablespoons butter until edges begin to curl. Remove from fire. Drain, reserving liquor; add rich milk to make 1 cup. Melt remaining 2 tablespoons butter in saucepan and stir in flour and seasonings. Add oyster liquor and milk gradually and cook over low flame until thickened, stirring constantly. Add oysters and heat thoroughly. Serve with boiled rice. Serves 4.



EVERY MONTH HAS AN R! You can serve Birds Eye Oysters every month in the year; they are always in season. These carefully selected oysters are harvested during the cold months when they are at their very best. They are of medium size and fine-flavored. These oysters are also shucked and cleaned, ready to serve with a cocktail sauce or in any favorite oyster dish.

SCALLOPED OYSTERS

- 1 box Birds Eye Oysters, thawed
- 2 cups rolled cracker crumbs (unsalted)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{2}$ cup melted butter
- $\frac{1}{4}$ teaspoon Worcestershire sauce
- $1\frac{3}{4}$ cups milk

Arrange $\frac{1}{2}$ of oysters in bottom of buttered shallow baking dish. Combine cracker crumbs, salt, pepper, and butter, tossing lightly to mix; sprinkle $\frac{1}{2}$ over oysters. Arrange the remaining oysters on crumbs. Add Worcestershire sauce to milk and pour over contents of dish. Sprinkle remaining crumbs over top. Bake in hot oven (450° F.) 30 minutes, or until crumbs are browned. Serve at once. Serves 4.

OYSTERS ROCKEFELLER

- 1 box Birds Eye Oysters, thawed
- $\frac{1}{2}$ cup cooked spinach
- $\frac{1}{2}$ onion
- $\frac{1}{2}$ bay leaf
- 1 sprig parsley
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon celery salt
- Dash of cayenne
- 3 tablespoons butter
- 3 tablespoons bread crumbs

Drain oysters and dry between towels; arrange in shallow buttered baking dish. Put spinach, onion, bay leaf, and parsley through food chopper, using finest knife. Add seasonings and cook in butter 5 minutes. Add bread crumbs, mixing well. Spread over oysters and bake in hot oven (450° F.) 10 minutes. Garnish with lemon slices. Serves 4 to 5.

FRIED OYSTERS

- 1 box Birds Eye Oysters, thawed and drained
- Flour
- 1 egg, beaten with 1 tablespoon milk and dash of salt and pepper
- Sifted bread crumbs

Roll oysters in flour, shaking off excess. Dip in egg mixture; roll in crumbs. Fry in deep fat (390° F.) about 1 minute, or until golden brown. Drain on unglazed paper. Serve at once with lemon sections or tartare sauce. Serves 4 to 6.

SHELLFISH



PIGS IN BLANKETS

- 1 box Birds Eye Oysters, thawed and drained
- 12 strips bacon, cut in halves

Wrap each oyster in bacon; fasten with toothpick. Cook under broiler about 3 minutes; then turn and cook other side about 3 minutes, or until bacon is crisp. Remove toothpicks. Serve on hot buttered toast. Serves 4 to 6.

FRIED SCALLOPS

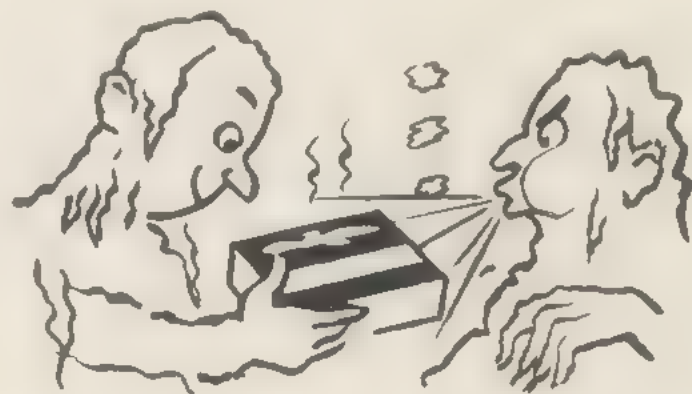
- 1 box Birds Eye Scallops, thawed
- Salt, pepper, flour
- 1 egg, beaten with 3 tablespoons milk and dash of salt
- Sifted bread crumbs

Separate scallops and dry between towels. Sprinkle lightly with salt and pepper and roll in flour, shaking off excess. Dip in egg mixture, then roll in crumbs. Fry in deep fat (380° F.) 2 to 3 minutes, or until browned. Drain on unglazed paper. Serve at once with tartare sauce. Serves 4.

BROILED SCALLOPS WITH BACON

- 1 box Birds Eye Scallops, thawed
- 2 tablespoons olive oil or melted butter
- Salt and pepper
- 4 to 6 slices bacon

Place scallops in greased shallow broiling pan; pour oil over scallops and sprinkle with salt and pepper. Broil at medium heat 7 minutes. Turn scallops, top with bacon and broil 10 minutes, turning bacon after 5 minutes. Drain on unglazed paper. Serve hot. Serves 4.



BRING A WHIFF OF SEA AIR into your menus. Whether you live in the mountains or on the prairies, hundreds of miles from the ocean, you can serve the finest sweet-flavored scallops at any time of the year. Of course, they are Birds Eye Scallops. These tender small scallops are delicious in creamed or scalloped dishes, or fried and served with bacon or relish.



Spinach and Scallops in a brand-new role. It's a ring mold of Birds Eye Spinach, seasoned just right. Sliced eggs for a garnish and Birds Eye Scallops, fried to a golden brown, as a border.

SCALLOPS FILIPPINI

- 1 box Birds Eye Scallops, thawed
- 4 tablespoons butter
- 2 $\frac{1}{4}$ cups scallop liquor and milk
- 4 tablespoons chopped onion
- 1 small clove garlic
- 3 tablespoons flour
- 1 teaspoon salt
- Dash of pepper and cayenne
- 2 tablespoons chopped parsley
- 2 egg yolks, slightly beaten
- 1 $\frac{1}{2}$ cups buttered bread crumbs

Cut scallops in halves. Sauté gently in 2 tablespoons butter about 5 minutes. Drain, reserving liquor; add milk to make 2 $\frac{1}{4}$ cups. Sauté onion and garlic in remaining 2 tablespoons butter until delicately browned. Remove garlic. Add flour and stir until smooth. Then add scallop liquor and milk, and cook until thickened, stirring constantly. Remove from fire, add scallops, salt, pepper, cayenne, parsley, and egg yolks, and mix well. Turn into shallow baking dish and cover with buttered crumbs. Place in pan of hot water and bake in moderate oven (350° F.) 45 minutes. Serves 4.

LIMA BEANS AND SHRIMPS AU GRATIN

- 1 box Birds Eye Lima Beans
- 2 cups boiling water, salted
- 1 box Birds Eye Shrimps, cooked
- 3 tablespoons butter
- 3 tablespoons flour
- 1 $\frac{3}{4}$ cups milk
- $\frac{3}{4}$ cup grated American cheese
- 1 teaspoon salt
- Dash of pepper
- $\frac{3}{4}$ cup fine bread crumbs, buttered

Drop frozen Lima beans into briskly boiling salted water, bring again to a boil, and boil 16 to 18 minutes, or until just tender; drain. Cook, peel, and clean shrimps as directed on package; cut each into 2 or 3 pieces. Arrange Lima beans and shrimps in alternate layers in greased casserole. Melt butter in saucepan and stir in flour. Add milk gradually and cook until thickened, stirring constantly. Add cheese and seasonings and blend. Pour over Lima beans and shrimps. Cover with buttered crumbs. Place in pan of hot water and bake in hot oven (450° F.) about 20 minutes, or until crumbs are browned. Serves 4 to 5.

SHRIMPS AND RICE LOUISIANA

- 1 box Birds Eye Shrimps, cooked
- 3 tablespoons butter
- 2 tablespoons finely diced onion
- 3 tablespoons diced green pepper
- 1/2 cup cream
- 1 1/4 cups cooked rice
- 1/2 teaspoon lemon juice
- 3/4 teaspoon celery salt
- Dash of cayenne
- Salt
- 1 cup hot tomato sauce

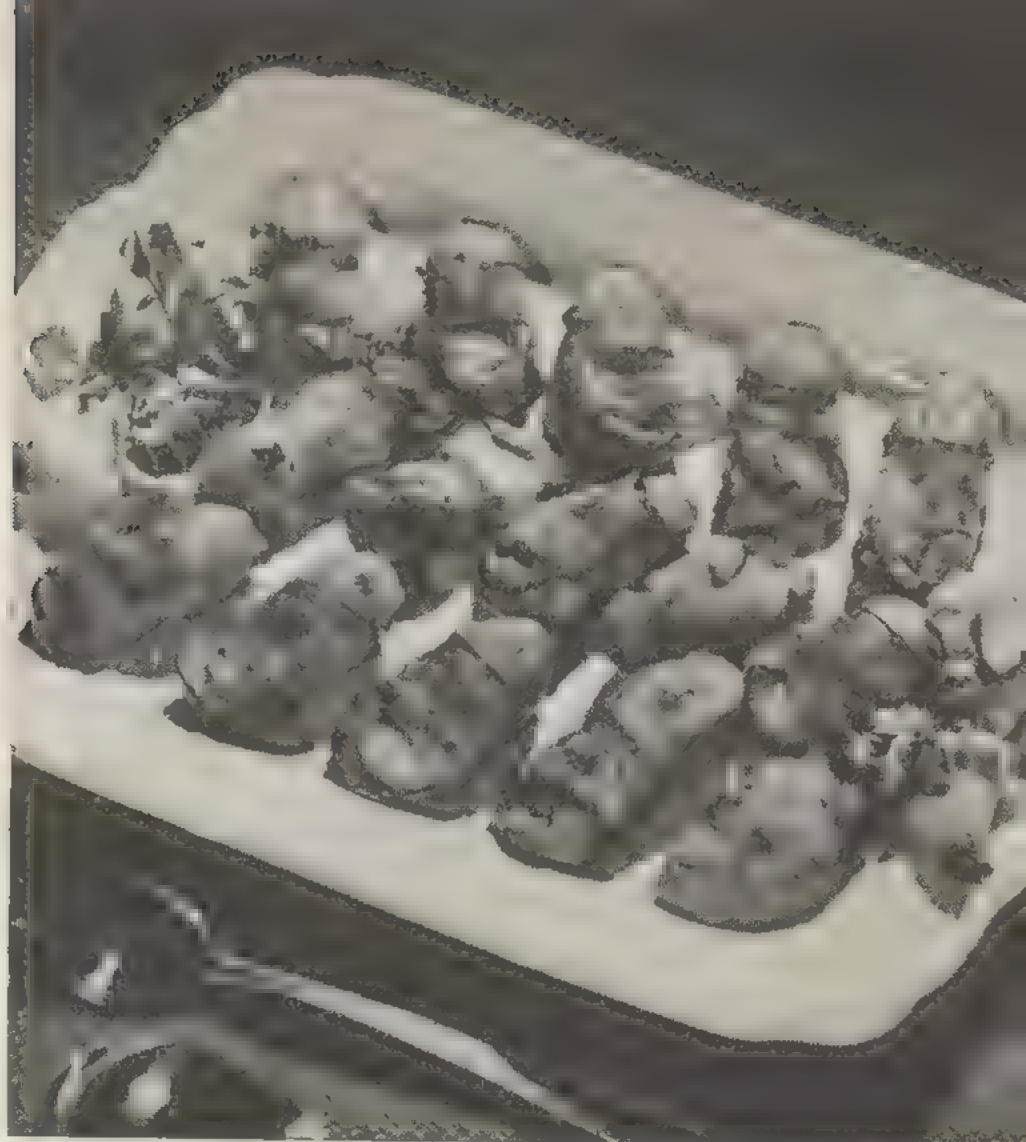
Cook, peel, and clean shrimps as directed on package. Cut shrimps in 2 or 3 pieces. Place butter, onion, and green pepper in top of double boiler; cover and cook slowly until tender but not browned. Add shrimps, cream, rice, lemon juice, and seasonings and mix well. Place over boiling water and cook about 10 minutes. Add tomato sauce and continue cooking about 5 minutes, or until thoroughly hot and blended. Serve in bowl and garnish with parsley. Serves 6.

To prepare tomato sauce, mix 1 1/2 cups canned tomatoes, 1/2 cup finely diced onion, 10 peppercorns, small piece bay leaf, 1/2 teaspoon salt, 1/2 teaspoon sugar, and a dash of pepper and simmer in saucepan, covered, 30 minutes. Rub through strainer; measure 1 cup. Melt 1 tablespoon butter in saucepan, add 2 tablespoons flour, and stir until smooth. Add tomato gradually and cook until thickened, stirring constantly. Makes 1 cup sauce.



BIRDS EYE SHELLFISH ARE "TOPS" in quality. They are carefully selected, only the finest being retained. Then they are quick-frozen, with all the tangy, ocean-fresh flavor captured and held intact. They are really "just like the fisherfolk eat." No matter how many miles you live from the sea, you, too, can always enjoy fried scallops, oyster stew, curry of shrimps, oyster or shrimp cocktails, or any of your favorite shellfish dishes.

SHELLFISH



Do you know Pigs in Blankets? They are grand to eat! The recipe, page 42, tells that the "pigs" are oysters and the "blankets" are slices of bacon to wrap them in.

SAVORY SHRIMPS

- 1 box Birds Eye Shrimps, cooked
- 2 slices bacon, diced
- 1 tablespoon bacon fat
- 4 tablespoons butter
- 4 teaspoons lemon juice
- 1 1/2 tablespoons ketchup
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon scraped onion
- 1/4 teaspoon celery salt
- Dash of salt and cayenne

Cook, peel, and clean shrimps as directed on package. Sauté bacon gently until crisp. Remove bacon; measure 1 tablespoon fat. Combine shrimps, bacon fat, and remaining ingredients. Heat thoroughly. Add bacon. Serve on toast. Serves 3.

SCALLOPS CONTINENTAL

- 1/2 cup sliced onion
- 4 tablespoons butter
- 1 box Birds Eye Scallops,
thawed and drained
- 1/2 cup canned tomatoes
- Salt and pepper
- Dash of curry powder

Sauté onion in butter in shallow saucepan about 1 minute, stirring constantly. Add scallops and continue cooking and stirring about 1 minute longer. Add remaining ingredients and cook rapidly, stirring occasionally until tomato is thickened. Serve on toast points. Serves 3 to 4.

CREOLE SHRIMP SALAD

- 1 box Birds Eye Peas and Carrots, cooked
- French dressing
- 1 box Birds Eye Shrimps, cooked
- 1/2 cup chopped celery
- 2 tablespoons chopped pimiento
- 2 teaspoons minced onion
- 1/2 cup mayonnaise
- 1/2 teaspoon salt Dash of pepper

Cook frozen peas and carrots as directed on package. Marinate with French dressing; chill. Cook, peel, and clean shrimps as directed on package; cut in 2 or 3 pieces, reserving 6 to 8 whole shrimps for garnish. Chill. Mix shrimps, celery, pimiento, and onion, and marinate with French dressing. Add peas and carrots, mayonnaise, salt, and pepper, and toss together lightly. Serve on crisp lettuce and garnish with additional mayonnaise and whole shrimps. Serves 6 to 8.

SHRIMP CLUB SANDWICH

- 1 box Birds Eye Shrimps, cooked
- 1/2 cup chopped celery
- 1 cup mayonnaise
- 1/2 teaspoon salt
- Dash of pepper
- 1 loaf bread, thinly sliced and toasted
- Crisp lettuce
- 4 tomatoes, thinly sliced and sprinkled with salt

Cook, peel, and clean shrimps as directed on package; cut in small pieces. Add celery, 1/2 cup mayonnaise, salt, and pepper and mix thoroughly. Spread shrimp mixture on a slice of toast, arrange lettuce on this, spread thinly with mayonnaise, and cover with another piece of toast. On this place more lettuce, mayonnaise, and slices of tomato. Cover with a third piece of toast. Trim edges and cut diagonally across each sandwich to form triangles. Garnish with tomato wedges and sweet pickles arranged in lettuce cups. Makes 6.

SHRIMPS IN BLANKETS

Peel and clean 1 box Birds Eye Shrimps, thawed, as directed on package. Sprinkle with salt, pepper, and paprika (generously). Wrap bacon strip around shrimp once; fasten with toothpick. Bake in hot oven (400° F.) 10 minutes. Serve at once as an appetizer. Or remove toothpicks and serve on hot buttered toast with lemon wedges. Garnish with chopped fresh parsley. Serves 3 to 4.



Here's an old favorite served in a most appealing way. A big sturdy tureen of Oyster Stew, with the smart little bowls that go with it. The recipe is on page 41.

SCALLOPED COD AND OYSTERS

- 2 packages Birds Eye Fillet of Cod, cooked
- 1 1/4 cups fish liquor and milk
- 6 tablespoons butter
- 1 tablespoon lemon juice
- 2 teaspoons scraped onion
- Dash of salt
- Dash of pepper
- Dash of cayenne
- 1 box Birds Eye Oysters, thawed
- 3/4 cup fine cracker crumbs
- 2 tablespoons flour
- 1 egg, slightly beaten

To cook codfish, place codfish (frozen or thawed) in saucepan. Add 1 cup water, 1 teaspoon salt, 2 slices onion, 4 peppercorns, and 1/2 bay leaf. Cover and cook gently 10 minutes, or until tender. Drain, reserving liquor; add milk to make 1 1/4 cups. Separate codfish into flakes.

Melt 4 tablespoons butter, add lemon juice, onion, salt, pepper, and cayenne. Dip oysters in butter mixture, then roll in crumbs. Place layer of codfish in greased casserole, then layer of oysters; repeat, finishing with layer of codfish. Melt remaining 2 tablespoons butter in saucepan, add flour and stir until smooth. Add fish liquor and milk gradually and cook until thickened, stirring constantly. Cool slightly and add egg. Pour sauce over fish and oysters. Cover with mixture of remaining crumbs and butter mixture. Bake in moderate oven (350° F.) 30 minutes, or until crumbs are browned. Serve with Lemon Parsley Butter (page 32), if desired. Serves 6.

SHRIMPS AND SPAGHETTI SEASHORE

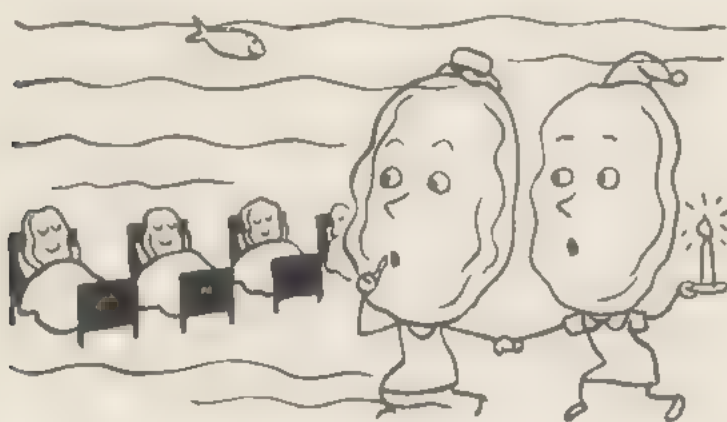
- 1 box Birds Eye Shrimps, cooked
- 4 tablespoons butter
- 3 tablespoons flour
- 1 teaspoon salt
- 1 teaspoon curry powder
- 1 3/4 cups milk
- 1 tablespoon chopped parsley
- 1 teaspoon lemon juice
- 1 teaspoon Worcestershire sauce
- 6 ounces spaghetti, or 3 cups cooked and seasoned with salt, pepper, and butter

Cook, peel, and clean shrimps as directed on package; split lengthwise and cut large pieces in halves. Melt butter in saucepan, add flour, salt, and curry powder, and stir until smooth. Add milk gradually and cook until thickened, stirring constantly. Add shrimps, parsley, lemon juice, and Worcestershire sauce and heat well. Pour over hot spaghetti and serve at once. Serves 4.

CREAMED SHRIMPS AND PEAS

- 1 box Birds Eye Shrimps, cooked
- 1/2 box Birds Eye Green Peas, cooked, or 1 cup cooked cut celery
- 4 tablespoons butter
- 4 tablespoons flour
- 1 teaspoon minced onion
- 2 1/4 cups milk
- 3/4 teaspoon salt Dash of pepper
- 1/2 teaspoon Worcestershire sauce
- 1 teaspoon chopped parsley
- 1 1/2 teaspoons lemon juice

Cook, peel, and clean shrimps as directed on package; split lengthwise and cut large pieces



SLOW THAWING IS BEST! If you have plenty of time, it's best to thaw Birds Eye Oysters and Scallops in their unopened boxes. Then you aren't losing the fresh-from-the-ocean flavor, which has been captured by the magic of quick-freezing.

SHELLFISH



in halves. Cook frozen peas as directed on package; drain. Melt butter in saucepan, add flour and onion and stir until smooth. Add milk gradually and cook until thickened, stirring constantly. Add shrimps, peas, and remaining ingredients and heat well. Serve on toast. Serves 4.

SEASONED SHRIMPS

Rub saucepan with clove of garlic. Combine 2 teaspoons salt, dash of white pepper, 1 tablespoon chopped onion, 1 tablespoon each lemon juice and chopped lemon rind, 5 bay leaves, and 2 cups water in saucepan. Bring to a boil. Add 1 box Birds Eye Shrimps. Cover, bring again to a boil, and boil 10 to 15 minutes. Drain, and cool slightly. Peel and clean as directed on package.

Chill and use in salad or cocktail. Or return shrimps to stock; heat. Serve with melted butter.

FLOUNDER STUFFED WITH OYSTERS

- 2 packages Birds Eye Fillet of Flounder, thawed
- 1 box Birds Eye Oysters, thawed and chopped
- 4 cups soft bread crumbs
- 4 tablespoons melted butter
- 1/2 teaspoon salt
- Dash of pepper
- 1/2 teaspoon scraped onion
- 1/2 cup buttered bread crumbs
- 1/2 cup milk

Cut fillets in halves lengthwise and sprinkle lightly with salt and pepper. Combine oysters, soft bread crumbs, butter, salt, pepper, and onion and mix well. Shape into round balls. Wrap one piece of fish around each ball, fastening with toothpicks. Place, cut-side down, in shallow baking dish. Top with buttered bread crumbs. Pour milk around fish. Bake in moderate oven (375° F.) 40 minutes, or until done. Serves 6 to 8.

BIRDS EYE SHRIMPS HAVE THEIR SHELLS ON

but it's no job to get rid of the shells. You plunge the frozen shrimps into briskly boiling salted water and cook them 15 minutes, if you are going to use them in salads or other uncooked dishes. If they are going into cooked dishes, you can reduce the cooking time to 10 minutes. When cooked, you break the shell on the under side, open from front to back, and slip out the shrimp, all in one piece. Then you take out the little black line that runs along the back and, lo and behold, you have the very finest shrimps you ever ate!



A CHICKEN DINNER is a rather special occasion, and when you do the ordering, you demand the very best. That's why so many women are asking for Birds Eye poultry. Bulging with tender succulent meat, Birds Eye poultry is all U. S. Government inspected—every bird is selected from the very best of Grade A. We guarantee that you will never taste chicken that's finer!

These birds all come from the largest poultry centers in the country and only the finest are chosen from selected flocks. Then they are fed on a diet of buttermilk and grain. They literally gorge themselves until they have more white meat than would ever seem possible.

Getting a Birds Eye chicken dinner is a joy, especially when you think what a task it used to be. Now there's no waste to dispose of and the chickens have been washed and are absolutely clean. You handle the bird as directed on the carton; then you cook it in any favorite way. There are directions given with each kind of Birds Eye poultry. These tell you the more usual ways of cooking, such as broiling, frying, and roasting.

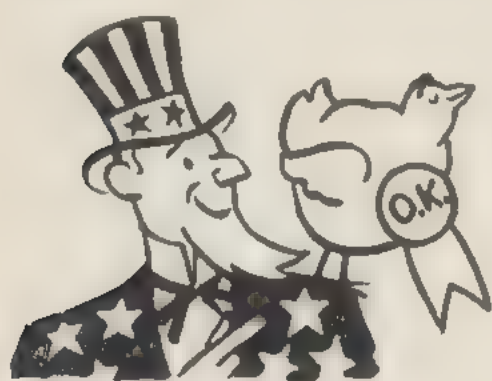
It may seem like "gilding the lily" to give special recipes for cooking Birds Eye poultry. This poultry is so delicious that it doesn't need frills to dress it up. But modern cooks are all for variety; they are always trying something new.

This group of more than 20 recipes has been collected from many sources, from fine cooks all over the land. There are suggestions here that will intrigue even the most discriminating. Chicken en Casserole (on page 50) served with wild rice and Birds Eye Broccoli or Asparagus Spears makes a distinguished dinner. Then for luncheon for a very special guest, we suggest Chicken Luncheon Pancakes with its savory mushroom filling (page 53) and a crisp green salad to give added zest. Not the least among this group of excellent recipes are several using left-over chicken or turkey. Chicken and Ham Netherlands and Turkey Tetrazzini (page 51) are delicious examples. And you'll find two extra good stuffings (on pages 51 and 53) to add glory to a turkey dinner.



SERVICE OF BIRDS EYE POULTRY

BIRDS EYE POULTRY are Quality Birds. They are the "Top Half of Grade A" Government Inspected poultry. They have been fed on a diet of buttermilk and grain until they are extra plump and tender. They have been fully drawn and cleaned—not a pinfeather is



left—and are ready for the pan, pot, or skillet. They taste like the chickens you had, as a child, down on the farm. But there's more white meat on these Birds Eye birds!

THAWING IS IMPORTANT. All Birds Eye poultry, except Fowl for Fricassee, should be thawed before using. Roasting Chicken and Turkey must be thawed enough to remove the giblets and to put in the stuffing. Broiling Chicken must be thawed enough to separate the halves. And Frying Chicken, Country Style, must be thawed enough to separate the pieces. After Birds Eye Fowl for Fricassee has cooked a few minutes and is partially thawed, the parchment containing the giblets may be easily removed.

POULTRY



DIRECTIONS FOR USING BIRDS EYE POULTRY

Broilers
Country Style Fryers

Roasting Chickens
Turkeys

Fowl for Fricassee

Complete directions for using are given with all Birds Eye poultry. These include thawing directions and the more usual methods of cooking. You can broil Birds Eye Broilers slowly or by a slightly faster method. Frying Chicken, Country Style, may be fried in three different ways. You can take your choice. You can cook Fowl for Fricassee, then serve it in a variety of ways as given on the box. You can learn the best way to roast to a turn your Birds Eye Roasting Chicken or Turkey. In every case, the directions are clear and easy to follow.

Besides all this, if some day you wish to serve a very special dinner, you can find in the pages that follow recipes that are new and unusual. With these, you can achieve a real reputation.

ACCOMPANIMENTS FOR BROILED CHICKEN

Cook Birds Eye Broiling Chicken as directed on package. Serve with any of the following accompaniments.

Broiled Mushrooms. Peel caps from 1 pound mushrooms. Brush caps, inside and out, with melted butter. Cook mushroom caps under broiler about 5 minutes, or until browned; turn, baste with chicken drippings or butter, and cook about 5 minutes more. Arrange around broiled chicken.

Broiled Tomatoes. Wash 1 pound medium tomatoes and cut in halves. Brush with butter and cook under broiler about 3 minutes; turn, baste with chicken drippings or butter, and cook about 3 minutes more. Arrange around broiled chicken.

Relishes. Brandied or spiced peaches, spiced watermelon rinds, or pickled beets may also be served with broiled chicken.

FRIED CHICKEN, SOUTHERN STYLE

Thaw Birds Eye Frying Chicken, Country Style, enough to separate pieces. Roll in flour seasoned with salt and pepper. Heat sizzling hot about $\frac{1}{2}$ inch fat (vegetable shortening or lard) in heavy skillet. Place chicken in fat and fry slowly 25 to 30 minutes, or until tender, turning to brown delicately on both sides. Serve with cream gravy. Serves 4.

To make cream gravy, remove chicken to warm platter. Measure 2 tablespoons fat from skillet for each cup of gravy desired. Add an equal amount of flour and mix to a paste. Use $\frac{1}{4}$ cup light cream and $\frac{3}{4}$ cup milk or chicken stock for each cup of gravy desired; combine and add gradually to the flour. Cook and stir until thickened. Season with salt and pepper.

BARBECUED CHICKEN

- 1 Birds Eye Frying Chicken, Country Style, partially thawed
- 6 tablespoons butter or other fat
- Salt and pepper
- 1 small onion, finely chopped
- 1 clove garlic, finely chopped
- 2 tablespoons Worcestershire sauce
- 2 tablespoons A-1 sauce
- 4 teaspoons vinegar
- 4 tablespoons ketchup
- Few drops tabasco

Separate pieces of chicken. Melt butter in skillet; add chicken and sauté about 20 minutes, turning to brown both sides. Place in baking dish, sprinkle with salt and pepper, and pour fat from skillet over chicken. Place onion and garlic in cheese-cloth bag and place in corner of baking dish. Cover chicken with sauce made by mixing remaining ingredients. Bake in moderate oven (350° F.) 30 minutes, basting frequently. Serves 2 to 4.

CHICKEN PAPRIKA

- 1 Birds Eye Frying Chicken, Country Style, partially thawed
- Salt and pepper
- 3 tablespoons chopped onions
- 2 tablespoons butter
- 1 teaspoon Hungarian paprika
- 2 tablespoons boiling water
- 1 teaspoon flour
- 1/2 cup heavy cream

Separate pieces of chicken. Sprinkle with salt and pepper. Sauté onions in butter until golden brown. Add paprika and mix, then add chicken. Cover



CONVENIENT FOR YOU! All Birds Eye poultry comes to you scrupulously clean—there's no waste to dispose of. The head, the feet, the feathers, and the insides have all been removed. Every bird has been carefully washed and is ready to cook without further preparation.

and cook over medium flame, turning to brown on all sides. Add boiling water. Lower flame and cook slowly about 20 minutes, or until tender. Remove chicken to warm serving dish and cover. To drippings in pan, add flour and stir to a smooth paste. Add cream and cook and stir until thick and smooth. Pour gravy over chicken. Serve at once. Serves 4.

BRAISED CHICKEN

- 1 Birds Eye Roasting Chicken, partially thawed
- 1/4 cup diced carrots
- 1/2 small onion, sliced
- Dash of thyme
- 1 sprig parsley
- 1 bay leaf
- 4 tablespoons butter or other fat
- 2 cups boiling water

Thaw chicken enough to remove giblets. Sprinkle salt inside chicken and truss. Sprinkle outside with salt and pepper.

Sauté carrots, onion, thyme, parsley, and bay leaf in fat in deep roasting pan, until vegetables are tender. Remove vegetables and brown chicken in this mixture over direct heat. Place chicken on rack in pan. Add boiling water and vegetables. Cover and bake in slow oven (325° F.) 50 to 60 minutes, or until tender, basting frequently.

To make pan gravy, remove chicken to warm platter. Remove parsley and bay leaf from liquid. Skim off fat. Measure 2 tablespoons fat and 2 tablespoons flour for each cup of pan liquid. Mix fat and flour to a paste. Add liquid gradually and cook and stir until thick and smooth. Serves 6.

This is the way "we moderns" buy chicken. All wrapped and packaged. All messy kitchen work done. We just have the fun of cooking. See illustration, next page.





Here's the way the Birds Eye Frying Chicken looks after we get through frying it. We don't dress it up with a lot of frills. We serve it just as it is and enjoy every satisfying morsel of it.

CHICKEN EN CASSEROLE

- 1 Birds Eye Fowl for Fricassee, partially thawed
- Salt, pepper, flour
- $\frac{1}{3}$ cup butter or other fat
- $\frac{1}{2}$ cup sliced onions
- 2 cups top milk or light cream

Separate fowl into pieces for serving. Season with salt and pepper and roll in flour. Sauté in butter. Place in greased casserole. Sauté onions in drippings in pan until delicately browned; add cream and pour over chicken. Cover casserole tightly and bake in moderate oven (325° F.) 2½ hours, or until chicken is tender. Serves 6. (If desired, 1 cup mushrooms sliced lengthwise through cap and stem may be sautéed with the onions.)

DELMONICO DEVEILED CHICKEN

- 1 Birds Eye Broiling Chicken, thawed
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 teaspoon paprika
- 4 tablespoons butter, melted
- 2 teaspoons vinegar
- 2 teaspoons prepared mustard
- $\frac{3}{4}$ cup fine bread crumbs

Cut chicken in halves and break joints. Combine salt, pepper, paprika, butter, vinegar, and mustard. Place chicken skin-side up on broiler and brush with butter mixture. Broil at moderate heat 15 minutes; turn, brush other side with butter mixture, and broil 15 minutes. Turn again, brush with remaining butter mixture, sprinkle with bread crumbs, and broil 15 minutes, or until tender, reducing heat during last few minutes to avoid burning crumbs. Serves 2 to 4.

POULTRY



SPANISH FRICASSEE OF CHICKEN

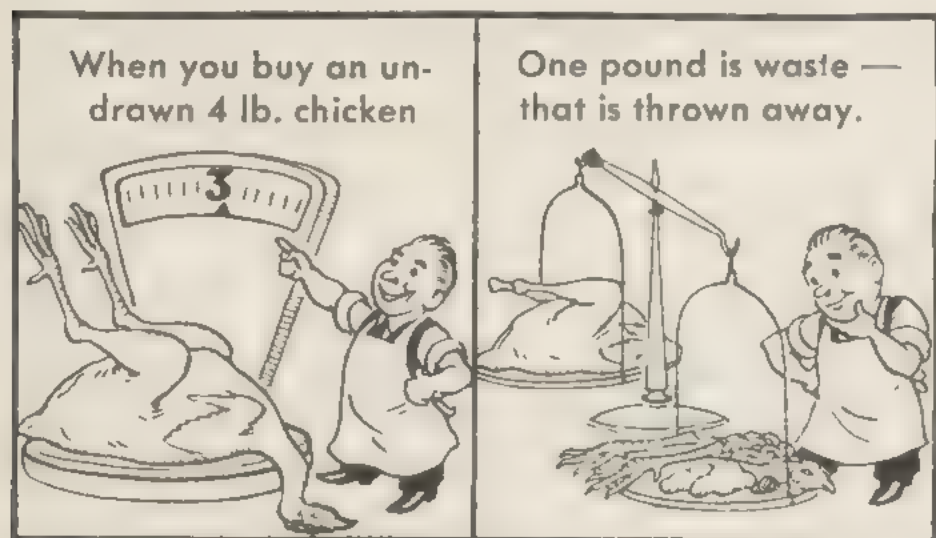
- 1 Birds Eye Fowl for Fricassee, partially thawed
- 1/2 cup butter or other fat
- Salt and pepper
- 1/2 cup sliced onions
- 1/4 cup diced celery
- 1/2 cup sliced mushrooms
- 4 cups canned tomatoes
- 2 tablespoons chopped parsley
- 1/2 teaspoon sugar

Separate fowl into pieces for serving. Sauté in butter, season with salt and pepper, and place in large kettle. Sauté onions, celery, and mushrooms in drippings in pan. Add tomatoes and bring to a boil, stirring constantly. Add parsley and sugar and pour over chicken. Cook slowly, partially covered, 2 1/2 hours, stirring occasionally. Serves 6.

CHESTNUT STUFFING

- 2 tablespoons finely chopped onion
- 1/2 cup finely chopped celery
- 4 tablespoons butter
- 4 cups soft bread crumbs
- 2 cups coarsely chopped chestnuts
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 egg, slightly beaten

Sauté onion and celery with 1 tablespoon butter. Dice remaining butter and combine with bread crumbs, chestnuts, seasonings, and onion-celery mixture. Add egg and mix lightly. Makes enough stuffing for 4- to 5-pound chicken.



YOU BUY NET WEIGHT. The usual way of selling poultry is by undrawn weight. Only the feathers have been removed from birds sold this way. You pay for the head, the feet, and the "innards," which is 25% to 33% of total weight in waste. With Birds Eye, you pay only for clean, drawn weight—net weight. Every ounce you buy goes on the table. The table on pages 62 and 63 show how Birds Eye weight compares with undrawn weight.

To prepare chestnuts, cut two crosswise gashes in each chestnut. Place nuts in a pan and heat in hot oven (450° F.) 20 minutes, or until shells and skins can be easily removed. Or, after making gashes, boil 5 to 7 minutes. Remove shells and skins while hot, and chop chestnuts.

CHICKEN AND HAM NETHERLANDS

- 2 teaspoons finely chopped onion
- 1 cup sliced mushrooms
- 3 tablespoons butter
- 4 teaspoons flour
- 1 1/4 cups light cream
- 1/2 teaspoon paprika
- 1/8 teaspoon nutmeg
- 1 1/2 cups chopped cooked chicken (Use left-over Birds Eye Roasting Chicken)
- 2 slices boiled ham, cut in half
- Parmesan cheese
- 4 slices toast

Sauté onion and mushrooms gently in butter until browned. Add flour and stir until smooth. Add cream and cook until thickened, stirring constantly. Add paprika, nutmeg, and chicken and heat thoroughly. Arrange ham slices in greased shallow baking dish and cover with mushroom-chicken mixture. Sprinkle with Parmesan cheese and place under broiler until browned. Serve on hot buttered toast. Serves 4.

• *Left-over Birds Eye Turkey may be substituted for chicken in above recipe.*

TURKEY TETRAZZINI

- 1 cup sliced mushroom caps
- 3 tablespoons butter
- 2 tablespoons flour
- 1 1/2 cups light cream
- 1 cup cooked turkey, cut in 1-inch strips (Use left-over Birds Eye Turkey)
- 1/2 teaspoon salt
- Dash of pepper
- 1/4 teaspoon celery salt
- 1/2 cup cooked spaghetti, cut in 1-inch pieces
- Parmesan cheese

Sauté mushrooms in butter until tender. Add flour and stir until smooth. Add cream and cook until thickened, stirring constantly. Add turkey, salt, pepper, celery salt, and spaghetti, and heat thoroughly. Turn into greased shallow baking dish or individual ramekins and sprinkle generously with Parmesan cheese. Place under the broiler until browned. Serve at once. Serves 4.

BLANKETED CHICKEN

- 1 Birds Eye Broiling Chicken, thawed
- Oil or soft butter, salt, pepper
- 2 tablespoons chopped green pepper
- 1 tablespoon chopped onion
- 8 slices bacon
- 1 tablespoon bacon fat
- 2 tablespoons drippings
- 2 tablespoons flour
- 1 cup light cream

Cut chicken in halves; break joints, brush with oil, and sprinkle with salt and pepper. Place skin-side up on broiler and broil at moderate heat 15 minutes; turn and broil other side 15 minutes. Turn again, sprinkle with mixture of green pepper and onion, and broil 15 minutes, or until tender. Fry or broil bacon.

Mix bacon fat and broiler drippings in saucepan. Add flour and stir to a smooth paste. Add cream gradually, stirring constantly, and continue cooking and stirring until thickened. Pour gravy over chicken and top with bacon. Serves 2 to 4.

BROILER WITH OYSTER STUFFING

- 1 Birds Eye Broiling Chicken, thawed
- Oil or soft butter, salt, pepper
- 1 cup soft bread crumbs
- $\frac{1}{8}$ teaspoon sage
- Dash of thyme
- Dash of nutmeg
- $\frac{1}{4}$ teaspoon salt
- Dash of pepper
- $\frac{1}{4}$ teaspoon scraped onion
- 2 tablespoons melted butter
- $\frac{1}{4}$ box Birds Eye Oysters, thawed and chopped

Cut chicken in halves; break joints, brush with oil, and sprinkle with salt and pepper. Combine bread crumbs, sage, thyme, nutmeg, salt, pepper, and onion. Add butter and toss together lightly until thoroughly mixed. Add chopped oysters and mix well.

Place chicken skin-side up on broiler and broil at moderate heat 15 minutes; turn and broil other side 15 minutes. Pack $\frac{1}{2}$ of stuffing on cut-side of each chicken half. Return to broiler and broil 15 minutes longer. If necessary, increase heat during last few minutes to brown stuffing. Garnish with water cress and radish roses. Serves 2.

SMOTHERED CHICKEN WITH MUSHROOMS

- 1 Birds Eye Frying Chicken, Country Style, partially thawed
- Salt, pepper, flour
- 4 tablespoons butter or other fat
- 1 cup chopped onions
- $\frac{1}{2}$ pound mushrooms, sliced
- $\frac{1}{4}$ cup hot water
- $\frac{1}{2}$ cup heavy cream
- 1 cup milk
- 3 tablespoons flour

Separate pieces of chicken. Sprinkle with salt and pepper and roll in flour. Melt fat in large skillet. Add chicken and brown quickly on all sides. Remove chicken, add onions and mushrooms, and sauté until browned. Add chicken and water, cover, and simmer gently 30 minutes. Remove chicken to platter. Add cream and milk gradually to flour, stirring until smooth. Add to vegetables in skillet and cook until thickened, stirring constantly. Pour sauce over hot chicken and garnish with paprika and water cress. Serves 6.

CHICKEN MARENGO

- 1 Birds Eye Frying Chicken, Country Style, partially thawed
- Salt, pepper, flour
- 4 tablespoons olive oil
- $\frac{1}{2}$ pound mushrooms
- 12 small white onions
- 1 small clove garlic, finely minced
- 4 tablespoons butter or other fat
- 2 tablespoons flour
- 6 tablespoons water
- 6 tablespoons sherry
- 4 small tomatoes, quartered
- $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon pepper

Separate pieces of chicken. Sprinkle with salt and pepper and roll in flour. Sauté chicken slowly in olive oil about 30 minutes. Wash and peel mushrooms and chop stems. Parboil onions 10 minutes. Sauté mushroom caps and stems, onions, and garlic slowly in butter 15 minutes. Add flour and stir until smooth. Add water and sherry slowly and cook until thickened, stirring constantly. Add tomatoes, salt, and pepper. Cover and simmer gently 15 minutes. Pour sauce over chicken, being careful not to mash tomatoes, cover, and simmer gently 15 minutes, or until chicken is just tender. Remove chicken to hot platter and serve with sauce poured over it. Serves 6 to 8.

POULTRY



CHICKEN LUNCHEON PANCAKES

- $\frac{2}{3}$ cup sifted flour
- $\frac{1}{4}$ teaspoon salt
- 2 eggs, well beaten
- 1 cup milk
- 2 teaspoons melted butter

Sift flour once, measure, add salt, and sift again. Combine eggs, milk, and melted butter and add to flour, beating thoroughly. Bake on hot, lightly greased 8-inch skillet, allowing 4 tablespoons to each pancake and spreading batter quickly over entire surface of skillet. Reduce heat slightly. When well browned, turn and brown other side. Turn again, fill with Chicken Mushroom Filling (below), and roll. Serve at once. Makes 6 to 8.

Chicken Mushroom Filling

- 2 teaspoons finely chopped onion
- $\frac{1}{2}$ cup butter
- 3 cups finely chopped mushrooms
- 2 cups finely chopped cooked chicken
(Use Birds Eye Fowl for Fricassee or Roasting Chicken)
- 2 tablespoons flour
- 1 teaspoon salt
- Dash of pepper
- $1\frac{1}{2}$ cups chicken stock and milk

Sauté onion in butter in skillet until very slightly browned. Add mushrooms and cook until liquid is nearly evaporated. Add chicken and continue cooking until mushrooms are well browned. Add flour and seasonings and mix well. Add chicken stock and milk and continue cooking until thickened, stirring constantly. Spread on pancake and roll. Serve at once. Makes enough filling for 6 to 8 Luncheon Pancakes.

CORN BREAD DRESSING

- 2 cups soft biscuit crumbs
- 2 cups soft corn bread crumbs
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{2}$ cup diced celery
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{8}$ teaspoon sage
- 4 tablespoons cold butter, diced
- 1 egg, slightly beaten

Combine biscuit and corn bread crumbs, onion, celery, seasonings, and butter. Add egg and mix lightly. Makes enough stuffing for 3- to 4-pound chicken. Double recipe to make stuffing for 8- to 10-pound turkey.

BRUNSWICK STEW

- 1 Birds Eye Fowl for Fricassee,
partially thawed
- 4 tablespoons butter
- $\frac{1}{4}$ cup chopped onions
- 2 cups canned tomatoes
- 1 cup water
- $3\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- Dash of cayenne
- 1 box Birds Eye Lima Beans
- 1 teaspoon Worcestershire sauce
- $\frac{1}{4}$ cup cold water
- 2 tablespoons flour
- 1 box Birds Eye Golden Sweet Corn

Separate fowl into pieces for serving. Sauté in butter until delicately browned. Remove chicken, add onions, and sauté until onions are slightly browned. Add chicken, tomatoes, water, salt, pepper, and cayenne. Cover and simmer $2\frac{1}{2}$ hours, or until chicken is nearly tender. Add frozen Lima beans and Worcestershire sauce and continue cooking 25 minutes. Add $\frac{1}{4}$ cup water to flour and stir until smooth. Add to stew, stirring vigorously. Add frozen corn and cook 5 minutes longer, stirring constantly. Serves 12.

Or remove chicken from stew when Lima beans are added. Remove meat from bones, cut in cubes, return to stew, and continue cooking as directed.



QUICK THAWING! You can thaw Birds Eye Broiling Chicken and Frying Chicken, Country Style, in about 30 minutes by placing the chicken in a large bowl under the *cold water* faucet and letting the water run until the chicken is thawed. By the same method, Birds Eye Roasting Chicken may be thawed enough to remove the giblets and to stuff the bird in 30 minutes to 1 hour. *Caution:* Keep close check on the thawing, so that the chicken will not remain in the water after it is thawed. To thaw Fowl for Fricassee quickly, place in boiling water and heat about 20 minutes.

CHICKEN À LA KING

- 2 cups cubed cooked chicken
(Use Birds Eye Fowl for Fricassee)
- 2 teaspoons minced onion
- 2 tablespoons diced green pepper
- 5 tablespoons butter
- 2 cups quartered mushrooms
- 5 tablespoons flour
- 1/2 teaspoon salt
- Dash of pepper
- 1 1/4 cups chicken stock
- 3/4 cup milk
- 1 tablespoon chopped pimiento

Cook Birds Eye Fowl for Fricassee as directed on package. Remove from bones and cut in cubes. Measure 2 cups cubed chicken. Sauté onion and green pepper in 1 tablespoon butter; add mushrooms and sauté until mushrooms are just tender. Melt remaining 4 tablespoons butter in saucepan, add flour and seasonings, and stir until smooth. Add stock and milk and continue cooking and stirring until thickened. Add chicken, onion-mushroom mixture, and pimiento. Reheat. Serve on toast points or in patty shells. Serves 6 to 8.

CHICKEN AND POTATO SALAD

- 3 cups hot cooked cubed potatoes
- 4 tablespoons olive oil
- 4 tablespoons vinegar
- 1 teaspoon scraped onion
- 1/2 teaspoon salt
- 1 box Birds Eye Green Peas, cooked
- 3 cups cubed cooked chicken
(Use Birds Eye Fowl for Fricassee)
- 1/2 cup chopped celery
- 1 tablespoon chopped pimiento
- 1 tablespoon minced onion
- 1 1/2 teaspoons salt
- 1/8 teaspoon pepper
- 3 tablespoons chopped sweet pickle
- 2 hard-cooked eggs, chopped
- 1/2 cup mayonnaise or cooked salad dressing

Mix hot potatoes lightly with olive oil, vinegar, scraped onion, and salt, and marinate until cold. Cook frozen peas according to directions on package. Drain and chill. Combine chicken, potatoes, peas, celery, pimiento, minced onion, salt, pepper, pickle, and egg. Add mayonnaise and toss together lightly. Chill. Serves 8 to 10.

POULTRY



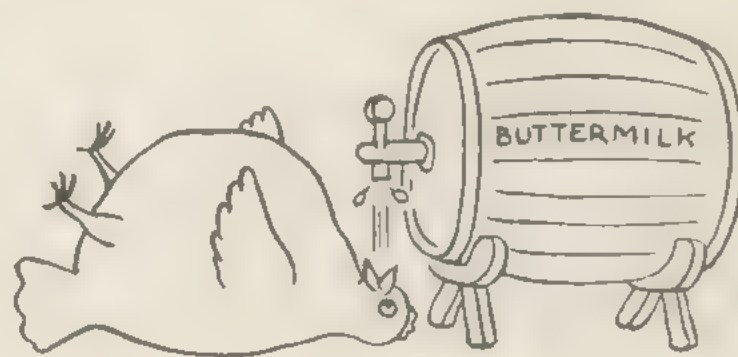
BIRDS EYE TURKEY AND FIXINGS!

For the Holiday dinner or for that very special occasion, let Birds Eye Turkey be the King of the Feast. If you usually buy a 12-pound turkey, now you can order a 9-pound Birds Eye bird. For Birds Eye Turkeys are drawn weight, you pay only for what you cook and serve. And it's very nice to know that these Birds Eye Turkeys are guaranteed to be "tops" in quality and in tenderness and to have an extra amount of white meat.

Stuffing Wisdom. The kind of stuffing you make is up to you and the family. Some families have their own favorite recipes, handed down as heirlooms. There are people who prefer a moist stuffing with very liberal seasoning. Others like their stuffing dry with only a dash of a favorite herb. When these two schools of thought meet and clash in a single family, there's one happy solution. You can make a smaller amount of the two recipes, then use one kind of stuffing in the body of the bird and the other kind to stuff the breast.

Vegetables and Extras! For vegetable accompaniments, Broccoli with Toasted Almonds (page 15) and Squash with Sautéed Onions (page 19) add interest to the meal. But if it's a Thanksgiving or a Christmas dinner you are serving, you can spring a real surprise with Birds Eye Corn on the Cob or Asparagus with Parmesan Cheese (page 11). And be sure to include Birds Eye Raspberry Sherbet (page 30). It's the modern substitute for the traditional cranberry sauce.

Then for Dessert, Birds Eye makes possible Strawberry Shortcakes (page 25) or Peach Angel Pie (page 28) as luscious replacements of the usual mince pie or plum pudding.



SPEAKING OF STUFFING. Most folks like stuffing with their roast turkey or chicken. (There are people who don't. For those, we advise cooking the unstuffed bird a little less time than the directions say.) But here's some advice for the stuffing fans. Allow one cup of bread crumbs or cubes for each pound of Birds Eye Roasting Chicken or Turkey. Have bread in fairly uniform pieces. Then place stuffing in lightly to allow room for expansion.



WHEN IT'S YOUR JOB to buy food for the family, you are especially anxious to get the best value for what you spend. This is one reason why so many women are using Birds Eye meats today. When they buy these meats, they don't have to shop around and possibly guess at the quality; they know it's the finest. All Birds Eye meats are U. S. Government inspected, guaranteed to be the finest uniform quality always. This insures you full satisfaction, or your money back.

This means, in fact, that Birds Eye Beef is young, corn-fed steer beef, scientifically aged to the right degree of tenderness. That only genuine spring lamb is used for Birds Eye Lamb Chops and Roasts. That Birds Eye Pork cuts are from selected, strictly fresh, grain-fed young pork. And, furthermore, that all Birds Eye meats are of definite, uniform cut—the same every time you buy! You're sure to make a good choice when your market list includes Birds Eye meats.

And with Birds Eye meats you are getting just what you pay for. For these meats are trimmed of excess waste *before weighing*, not after. Every-

thing that is paid for goes on the table. So, when comparing prices, remember that Birds Eye meats are all trimmed, ready to pop into the pan.

There is a wide variety to choose from in the Birds Eye line of meats. There are steaks, chops, and roasts; calves' liver and sausage links; as well as stew meat and chopped beef. You'll find all Birds Eye meat cuts listed on page 63. Use this handy list when planning your menus.

All these kinds of meat may be cooked in the usual ways. On page 56 there are directions telling just how to pan-broil and broil the steaks, then the timetable which follows gives the cooking time for each one.

Well over half of the recipes in the meat section have been developed for use with Birds Eye Chopped Beef, Beef for Stew, and Lamb for Stew. With such appetizing dishes as Barbecued Chopped Beef (page 60) or Lamb en Casserole (page 59), a long step has been taken toward solving the problem of serving inexpensive yet attractive meals.



COOKING OF BIRDS EYE STEAKS

BIRDS EYE STEAK DIRECTIONS

BIRDS EYE MEATS come from the country's great meat centers. Each animal is "finish fed" to insure the highest standard of quality. Then these meats are U. S. Government inspect-



ed. Any inferior or "just fair" pieces are rejected. Next the scientific aging begins. The meat is inspected daily and even the tenderness is tested.

ALL BIRDS EYE meat cuts are carefully cleaned and trimmed, before weighing, not after. Everything you pay for goes on the table. And best of all, these cuts of meat are uniform. You always get the same fine quality.

THERE'S ONE very important point to remember. And this is it. Like all Birds Eye Foods, Birds Eye meats are sold with a money-back guarantee. This means that if the cut of meat doesn't give full satisfaction, your money will be refunded. Think what it means to be sure of getting guaranteed quality always—merely by asking for Birds Eye meats by name!

These Birds Eye steaks may be used either frozen or thawed, with the exception of 1½" Sirloin Steak which should be either completely or partially thawed. For partial thawing, let steak stand about 1 hour at room temperature, or about 2 hours for complete thawing.

To pan-broil (*medium rare*), rub bit of fat over very hot heavy skillet. Place steak in skillet and sear 1 minute on each side, moving to prevent sticking. Reduce heat to low and cook each side as directed below. Salt after searing. Serve on hot platter; dot with butter.

To broil (*medium rare*), place steak on well-heated broiler and broil each side at high heat as directed. The steak should be placed 2 or 3 inches below the heat unit, depending on the thickness of the steak, and the door may be left slightly ajar. Salt before turning. Serve on hot platter; dot with butter.

TIMETABLE FOR COOKING BIRDS EYE STEAKS

BIRDS EYE STEAKS	TO SEAR	TO PAN-BROIL	TO BROIL
	Time on each side		
1" Sirloin, Bone-in thawed frozen	1 min. 1 min.	6 to 7 min. 9 to 10 min.	7 to 8 min. 10 to 11 min.
1" Sirloin, Boneless thawed frozen	1 min. 1 min.	4 to 5 min. 8 to 9 min.	6 to 7 min. 8 to 9 min.
1½" Sirloin, Boneless partially or completely thawed	1 min.	6 to 11 min.	8 to 10 min.
1" Tenderloin thawed frozen	1 min. 1 min.	4 to 5 min. 9 to 10 min.	5 to 6 min. 7 to 8 min.
Rump Steak thawed frozen	1 min. 1 min.	6 to 7 min. 9 to 10 min.	7 to 8 min. 10 to 11 min.
½" Minute Sirloin thawed frozen	1 to 1½ min. 1 min.	See Note 1 to 1½ min.	2 min. 3 to 3½ min.
Supper Steak thawed frozen	1 min. 1 min.	1 min. 4 min.	

Note: Minute Sirloin Steak, if thawed, needs no cooking after searing.

MEATS





A Meat Loaf with a surprise! You make it with Birds Eye Chopped Beef (recipe on this page). You bury hard-cooked eggs in center before it goes in the oven.

BEEF AND LAMB STEW

- 1 package (8 ounces) Birds Eye Beef for Stew
- 1 package (8 ounces) Birds Eye Lamb for Stew
- 2 tablespoons butter or other fat
- 1½ teaspoons salt
- 3 cups boiling water
- 1 clove garlic
- 1 bay leaf
- ⅛ teaspoon pepper
- ⅛ teaspoon mustard
- Dash of thyme
- 1 cup diced carrots
- 1 cup diced potatoes
- ½ cup sliced onions
- ½ cup diced celery
- 1 sprig parsley
- 3 tablespoons flour
- Dumplings

Brown beef and lamb (frozen or thawed) in fat, adding salt during browning. Add water and seasonings, cover, and simmer 1½ hours, or until meat is nearly tender. Add vegetables and cook 25 minutes longer, or until vegetables are done. Add small amount of liquid from stew to flour, mixing to a smooth paste. Add to stew and cook until thickened, stirring vigorously. Drop dumpling mixture from teaspoon on boiling stew; cover very tightly and cook without removing cover 5 to 7 minutes, according to size of dumplings. Serves 6.

To make dumplings, measure 1 cup sifted flour, add 1¼ teaspoons Calumet Baking Powder and ½ teaspoon salt, and sift again. Add 1 teaspoon melted butter to ½ cup milk; add to flour and stir carefully until all flour is dampened and soft dough is formed.

MEAT LOAF

- 1 one-inch cube salt pork, diced
- 1 tablespoon minced onion
- 2 packages (1 pound) Birds Eye Chopped Beef, thawed
- ¾ cup fine fresh bread crumbs
- 1¼ teaspoons salt
- ⅛ teaspoon pepper
- ¾ cup strained, canned tomatoes (juice and pulp)
- 1 egg, slightly beaten

Try out salt pork, add onion, and sauté until golden brown. Add pork, onion, and drippings to remaining ingredients and mix thoroughly. Bake in 8x4x3-inch loaf pan in hot oven (450° F.) 15 minutes; then decrease heat to 350° F. and bake 30 minutes longer. Serve with tomato or mushroom sauce. Serves 6. If desired, milk may be substituted for tomatoes in this recipe.

CASSEROLE OF BEEF AND SPAGHETTI

- 1 package (8 ounces) Birds Eye Chopped Beef
- 3 strips bacon, diced
- 3 cups cooked spaghetti
- ½ cup chopped green pepper
- 1 cup canned tomatoes
- 2 teaspoons prepared mustard
- 1 teaspoon salt
- Dash of pepper
- 2 tablespoons chopped onion
- ½ cup grated American cheese

Cut chopped beef (frozen or thawed) in cubes. Fry bacon slightly, add chopped beef, and brown well. Add spaghetti, green pepper, tomatoes, mustard, salt, pepper, and onion, and bring to a boil. Remove from fire and stir in cheese. Turn into casserole, cover, and bake in hot oven (400° F.) 30 minutes. Serves 4 to 6.



THERE'S NO STANDING IN LINE while the butcher cuts the meat. The Birds Eye people have hunted around and found the finest meats that can be obtained. Then they have trimmed off excess waste and cut the meat and packed it in convenient form. The meat you buy and take home is ready to cook—always guaranteed to satisfy.

FRICASSEE OF LAMB

- 2 packages (1 pound) Birds Eye Lamb for Stew
- 1 teaspoon salt
- 1 small onion
- 1 clove
- 1 carrot
- 1/4 bay leaf
- Dash of thyme
- 2 sprigs parsley
- 2 cups water
- 2 tablespoons butter
- 2 tablespoons flour
- 1/4 pound mushrooms, quartered
- 8 small onions
- 1 egg yolk, slightly beaten
- 1 tablespoon lemon juice
- Dash of pepper
- 1/4 teaspoon nutmeg

Cook lamb, salt, onion, clove, carrot, bay leaf, thyme, and parsley in water 1 hour, or until meat is almost tender. Drain, reserving stock and vegetables. Melt butter in saucepan, add flour, and stir until smooth. Add stock gradually, and cook until thickened, stirring constantly. Add meat and vegetables, mushrooms, and onions, and cook 30 minutes. Pour small amount of liquid from fricassee over egg yolk, stirring constantly; add to fricassee with lemon juice, pepper, and nutmeg, and cook 2 minutes, stirring constantly. Serves 6.

BIRDS EYE MIXED GRILL

- Caps from 1/2 pound mushrooms
- 4 Birds Eye Lamb Chops
- 1 box (8 ounces) Birds Eye Calves' Liver, thawed
- 4 medium tomatoes, halved
- Melted butter, salt, pepper
- 8 slices bacon

Peel mushroom caps. Brush lamb chops, liver, tomatoes, and mushrooms with melted butter and sprinkle with salt and pepper. Place on well-heated broiler and broil at high heat. Broiling times: lamb chops, 10 minutes on each side; mushrooms, 5 minutes on each side; tomatoes, 3 minutes on each side; liver and bacon, 2 minutes on each side. Baste with melted butter during broiling. To serve, arrange lamb chop, portion of liver, 2 slices of bacon, 2 tomato halves, and portion of mushrooms on plate. Garnish with parsley. Serves 4.

MEATS



HUNGARIAN GOULASH

- 2 packages (1 pound) Birds Eye Beef for Stew
- 2 tablespoons butter or other fat
- 1 cup boiling water
- 1/2 cup finely chopped onion
- 1/4 small green pepper
- 1 cup peeled diced tomatoes, or
- 1 cup canned tomatoes
- 1 tablespoon Hungarian paprika
- 1 teaspoon salt
- 4 small potatoes, peeled and quartered

Brown beef (frozen or thawed) in fat in skillet. Place in kettle. Add water, cover, and simmer 1 hour. Sauté onions and pepper in drippings in skillet until delicately browned; then add tomatoes and simmer 10 minutes. Remove pepper. Add tomato sauce, paprika, and salt to meat, cover, and simmer 30 minutes longer, or until meat is tender, adding water as needed. Add potatoes, cover, and cook 30 minutes. Serves 4.

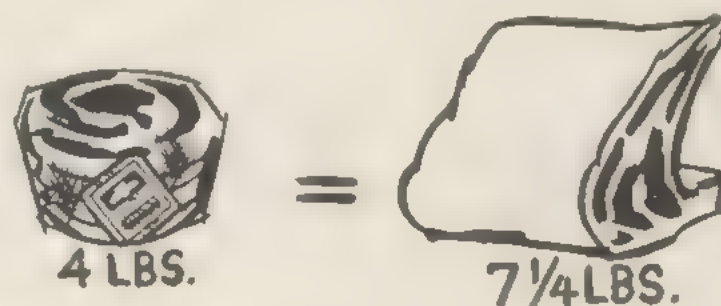
BEEF À LA LINDSTROM

- 2 packages (1 pound) Birds Eye Chopped Beef, thawed
- 4 tablespoons finely chopped dill pickle
- 1 small onion, finely chopped
- 4 tablespoons finely chopped boiled potato
- 1/2 teaspoon salt Dash of pepper

Mix ingredients thoroughly and shape into 8 flat cakes. Sauté in hot, greased skillet 3 minutes on each side, or until done, pressing to flatten meat slightly while cooking. Serve at once. Serves 4.

LAMB CHOPS WITH MINT

Cut a slit from fat to bone in each Birds Eye Lamb Chop (frozen or thawed). Insert 3 or 4 large fresh mint leaves. Brush with oil or melted butter; sprinkle with salt and pepper. Broil at moderate heat 5 to 10 minutes on each side; increase to high heat and broil each side 2 minutes longer.



YOU DON'T PAY meat prices for bones and excess fat when you buy Birds Eye meats. All excess waste is cut off *before weighing*, not after. Everything you pay for goes on the table.



A man's idea of a perfect dinner! Roast Beef, tender and juicy. You're sure it's just right, because it's Birds Eye Roast Beef. Then for the vegetables, golden Cooked Squash and Lima Beans

LIMA BEAN AND SAUSAGE CASSEROLE

- 1 package (8 ounces) Birds Eye Sausage Links, partially thawed
- 1 box Birds Eye Lima Beans
- 2 cups boiling water, salted
- 2 tablespoons flour
- Sausage fat
- 1 $\frac{3}{4}$ cups milk
- $\frac{1}{2}$ teaspoon salt
- Dash of pepper
- $\frac{3}{4}$ cup fine bread crumbs

Separate sausages and prick with fork. Cook in hot skillet 12 to 15 minutes, turning to brown on all sides. Cut in 1-inch pieces and arrange in greased casserole. Drop frozen Lima beans into briskly boiling salted water, bring again to a boil, and boil 16 to 18 minutes, or until just tender; drain and arrange on sausages. Stir flour into 3 tablespoons sausage fat in saucepan. Add milk gradually and cook until thickened, stirring constantly. Add seasonings. Pour over sausages and Lima beans. Toss bread crumbs and 1 $\frac{1}{2}$ tablespoons additional sausage fat together lightly with a fork and sprinkle over creamed mixture. Place in pan of hot water and bake in hot oven (450° F.) about 20 minutes, or until browned. Serves 6 to 8.

LAMB EN CASSEROLE

- 2 packages (1 pound) Birds Eye Lamb for Stew
- 1 tablespoon butter or other fat
- 2 cups boiling water
- 1 bay leaf
- Dash of thyme
- 1 $\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{2}$ cup sliced onions
- 1 cup canned tomatoes
- 1 cup diced carrots
- 1 cup diced potatoes
- $\frac{1}{4}$ cup cold water
- 3 tablespoons flour

Brown lamb (frozen or thawed) in fat. Place meat in casserole. Add water and seasonings, cover, and bake in moderate oven (350° F.) 1 $\frac{1}{4}$ hours. Sauté onions in meat drippings until golden brown; add vegetables and bring to a boil. Add to meat, cover, and continue baking 45 minutes, or until vegetables are tender. Add water gradually to flour, mixing to a paste. Add to casserole mixture, stirring well. Bake 5 minutes longer. Serves 6.

• *This recipe can also be used with Birds Eye Beef for Stew. Increase fat to 2 tablespoons.*

BEEF AND CABBAGE ROLLS

- 2 packages (1 pound) Birds Eye Chopped Beef, thawed
- 1 cup cooked rice
- 1 teaspoon salt
- Dash of pepper
- 2 tablespoons chopped onion
- 1/2 teaspoon Worcestershire sauce
- 1 tablespoon butter or other shortening
- 1 medium head cabbage, cooked
- 2 cups canned tomatoes
- 1 cup sour cream

Mix chopped beef, rice, salt, pepper, onion, and Worcestershire sauce. Shape into 16 small rolls. Brown in butter. Cover cabbage with boiling salted water and boil 15 minutes. Cool and separate leaves. Wrap each meat roll in a cabbage leaf and fasten with a toothpick. Return to skillet, add tomatoes mixed with 1/2 cup sour cream, cover, and simmer 1 1/2 hours. Remove rolls to platter. Strain pan liquid, add remaining 1/2 cup sour cream, heat thoroughly, and pour over rolls. Serves 8.

BEEF WITH SAUERKRAUT

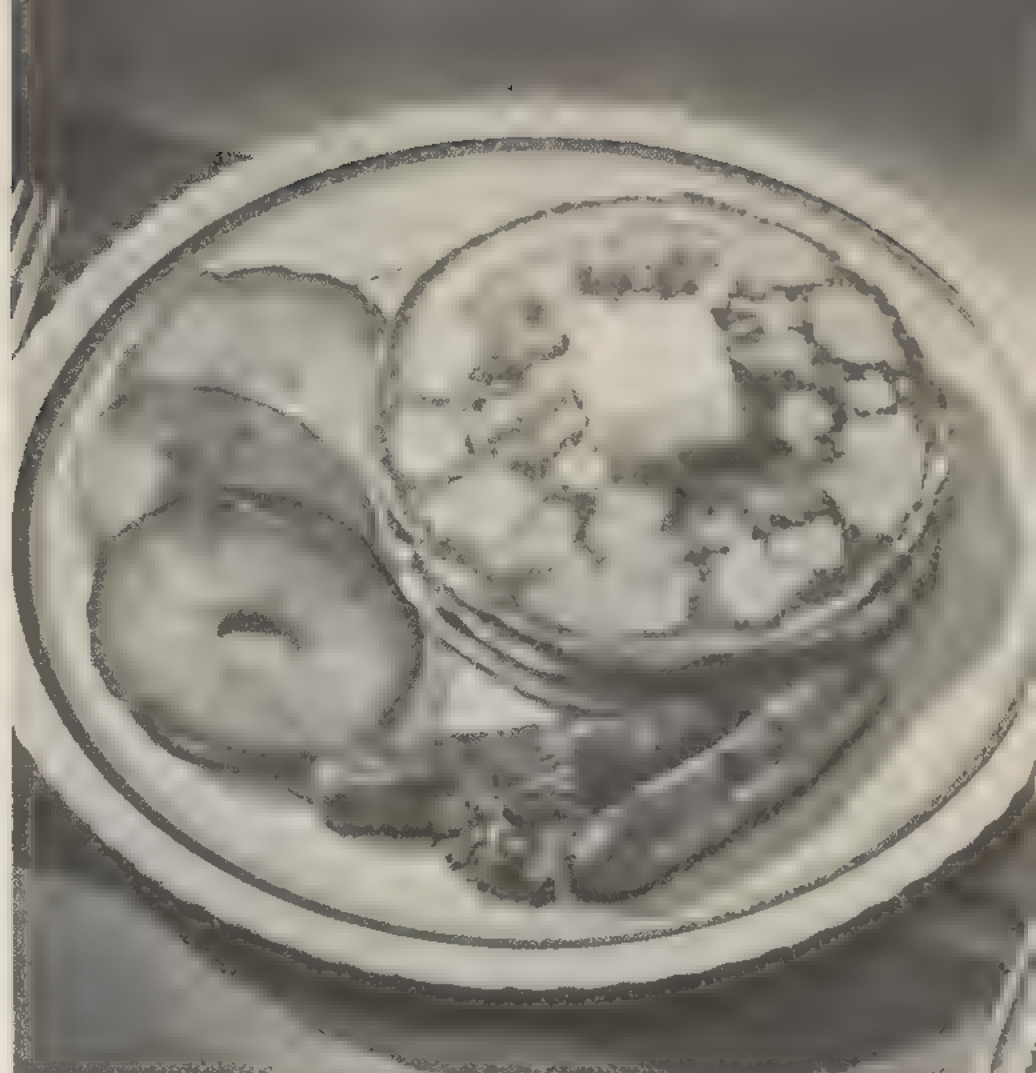
- 2 packages (1 pound) Birds Eye Beef for Stew
- 2 tablespoons butter or other fat
- 1 cup boiling water
- 1 pound sauerkraut
- 1 cup canned tomatoes
- 2 teaspoons Hungarian paprika

Brown beef (frozen or thawed) in fat. Add water, cover, and simmer 1 hour. Add remaining ingredients and continue cooking gently 45 to 60 minutes, or until meat is tender. Serves 4.



CONVENIENT TO USE. You can cook Birds Eye Chopped Beef, while still frozen, in a solid block or cut in squares. You can thaw it, season it well, and shape into meat balls. Any way you cook it, you are using high-grade lean meat, mixed with just the right proportion of fat.

MEATS



For breakfast, or luncheon, for midnight supper, this is the meal to serve. Tender hot cakes, dripping with butter, glazed apple, and crisp Birds Eye Sausage Links.

BARBECUED PORK CHOPS

- 4 Birds Eye Pork Chops
- Salt and pepper
- 1 small onion, finely chopped
- 1 clove garlic, finely chopped
- 2 tablespoons Worcestershire sauce
- 2 tablespoons A-1 sauce
- 4 teaspoons vinegar
- 4 tablespoons ketchup
- Few drops tabasco

Place pork chops (frozen or thawed) in hot skillet and brown slowly, about 5 minutes on each side. Place in baking dish, sprinkle with salt and pepper, and pour fat from skillet over chops. Place onion and garlic in cheesecloth bag and place in corner of baking dish. Cover chops with sauce made by mixing remaining ingredients. Bake in moderate oven (350° F.) 30 minutes, basting frequently with sauce. Serves 2 to 4.

Barbecued Chopped Beef. Use above recipe, substituting for chops, 2 packages Birds Eye Chopped Beef (frozen or thawed), browned quickly in 4 tablespoons fat. Bake 15 minutes instead of 30. Serves 4.

Barbecued Beef or Lamb Slices. In greased baking dish, place 4 slices left-over roast of Birds Eye Beef or 8 slices left-over roast of Birds Eye Lamb. Mix together chopped onion, garlic, and seasonings listed in recipe above. Pour over meat. Bake in moderate oven (350° F.) 20 minutes. Serves 4.

SWEDISH MEAT BALLS

- 1 egg, slightly beaten
- $\frac{3}{4}$ cup milk
- 2 slices white bread, broken
- 4 teaspoons minced onion
- $1\frac{1}{4}$ teaspoons salt Dash of pepper
- 2 packages (1 pound) Birds Eye Chopped Beef, thawed

Combine egg, milk, and bread and let stand until bread is well moistened. Add remaining ingredients and mix well. Shape into 12 round cakes. Fry in hot skillet in generous amount of fat about 5 minutes, turning to brown both sides. Cover and simmer 10 minutes longer. Remove to hot platter.

To make gravy, add $1\frac{1}{2}$ tablespoons flour to $1\frac{1}{2}$ tablespoons drippings in skillet, stirring until smooth; add $\frac{1}{2}$ teaspoon salt, dash of pepper, and $1\frac{1}{2}$ cups hot water. Cook and stir until thickened. Pour around meat balls on platter. Serves 6.

DEVILED LAMB CHOPS

- 2 tablespoons melted butter
- 3 tablespoons prepared mustard
- 1 teaspoon paprika
- $\frac{1}{2}$ teaspoon salt Dash of pepper
- 1 teaspoon scraped onion
- 4 Birds Eye Lamb Chops

Combine butter and seasonings and stir until smooth. Place chops (frozen or thawed) in very hot skillet and sear about 2 minutes. Turn and cover with $\frac{1}{2}$ of seasonings while other side is searing. Turn again and cover with remaining seasonings. Reduce heat slightly and cook each side $1\frac{1}{2}$ to 4 minutes, turning occasionally. Serves 4.

BAKED CALVES' LIVER

- 1 box (8 ounces) Birds Eye Calves' Liver, thawed
- 1 tablespoon melted butter
- Salt and pepper
- $\frac{1}{4}$ cup soft bread crumbs
- 1 cup finely chopped mushrooms
- 1 tablespoon finely chopped parsley
- $\frac{1}{4}$ cup finely chopped onion
- $\frac{1}{2}$ cup highly seasoned stock, or $\frac{1}{2}$ cup hot water and 1 bouillon cube

Separate pieces of liver and place in greased shallow baking dish. Brush with melted butter and sprinkle with salt and pepper. Combine crumbs, mushrooms, parsley, and onion and sprinkle over liver. Pour stock over contents of dish. Bake in hot oven (400°F.) 35 minutes. Serve at once. Serves 4.

CHILI CON CARNE

- 2 packages (1 pound) Birds Eye Chopped Beef, thawed
- $\frac{1}{4}$ cup chopped onions
- 2 tablespoons fat
- 2 cups canned tomatoes
- 2 cups canned red kidney beans
- 1 tablespoon chili powder
- $1\frac{1}{2}$ teaspoons salt
- Dash of pepper

Separate chopped beef into small pieces. Brown meat and onions well in fat. Add tomatoes, kidney beans, chili powder, salt, and pepper. Simmer 20 minutes. Serves 6.

HURRY-UP BEEF STEW

- 1 package (8 ounces) Birds Eye Chopped Beef, frozen
- 2 tablespoons butter or other fat
- 1 teaspoon salt
- Pepper
- $\frac{1}{2}$ cup diced potatoes
- $\frac{1}{2}$ cup diced carrots
- $\frac{1}{2}$ cup diced turnips
- $\frac{1}{4}$ cup chopped celery
- $\frac{1}{4}$ cup canned tomatoes
- 6 small white onions
- 2 cups water

Cut chopped beef in 1-inch cubes and sauté in butter until well browned. Season with $\frac{1}{2}$ teaspoon salt and dash of pepper. Add vegetables, water, remaining $\frac{1}{2}$ teaspoon salt, and dash of pepper. Cover and simmer about 45 minutes, or until vegetables are tender. Serves 3 to 4.



SPEAKING OF STEWS! Nowadays stews are being served on the tables of the best people, especially stews made with Birds Eye stew meat. Birds Eye Beef for Stew and Lamb for Stew are made from fresh lean meat, cut into handy cubes. Bone and excess fat are removed, there's no trimming to do. It's ready to cook and you can eat every bit.

THESE ARE THE FACTS ABOUT BIRDS EYE FOODS

BIRDS EYE VEGETABLES

PRODUCT	DESCRIPTION	SIZE OF PACKAGE	WEIGHT BEFORE TRIMMING
ASPARAGUS SPEARS	All green stalks, 5 inches long—cleaned, ready to cook.	12 oz.	1 lb. 10 oz.
ASPARAGUS CUTS	Tender, 1¼-inch all green cuts—for cooked dishes and salads.	12 oz.	1 lb. 10 oz.
GREEN AND WAX BEANS (Stringless)	Tender young beans, cleaned and cut in 1-inch lengths.	10 oz.	14 oz.
GREEN BEANS French Style	Garden-fresh, stringless beans, sliced lengthwise.	10 oz.	14 oz.
BROCCOLI	Only tender, green, side shoots—all cleaned, ready to cook.	13 oz.	1 lb. 7 oz.
BRUSSELS SPROUTS	Small tight heads of fine flavor—cleaned and waste free.	13 oz.	1 quart
CAULIFLOWER	Pure white heads, cut in single florets. Excellent flavor.	13 oz.	1 med. head
CUT CORN	Golden kernels, whole, plump, and milky—cut from the cob.	10 oz.	5 ears
CORN ON COB	Perfect 6-inch ears with full rows of golden kernels.	2 ears	2 ears
LIMA BEANS	Selected, tender, green, baby-size beans—shelled and washed.	12 oz.	2 lbs.
PEAS	Sweet young peas of uniform tenderness—shelled and washed.	12 oz.	2 lbs.
PEAS AND CARROTS	Young carrots, diced and mixed with equal amount of peas.	12 oz.	2 lbs.
SPINACH	No sand, no grit—washed, ready to cook. Always garden-fresh.	14 oz.	2 ¼ lbs.
SQUASH	Blended for flavor, cooked and puréed. Just reheat, season, and serve.	16 oz.	1 lb. 6 oz.

BIRDS EYE FISH FILLETS AND STEAKS

PRODUCT	DESCRIPTION	BIRDS EYE WEIGHT	EQUIVALENT WHOLE FISH
COD FILLETS	Ocean-fresh fillets—skinless, boneless, entirely waste-free. Ready to cook.	1 lb.	3 lbs.
HADDOCK FILLETS	Cut from selected ocean-fresh haddock—boneless, waste-free. Ready to cook.	1 lb.	3 lbs.
MACKEREL FILLETS	Boneless fillets cut from selected North Atlantic Mackerel. Rich in flavor.	1 lb.	1 ¾ lbs.
FLOUNDER FILLETS (Sole Variety)	Cut from finest Gray or Yellowtail Flounder. Always ocean-fresh.	1 lb.	4 lbs.
RED PERCH FILLETS	Boneless fillets cut from one of the most delicate and sweet-tasting of seafoods.	1 lb.	5 lbs.
HALIBUT FILLETS	Cut from fresh-caught halibut—of fine flavor and flaky texture. Waste-free.	1 lb.	2 lbs.
SALMON STEAKS	One-inch steaks cut from the meaty portion of fine-flavored Pacific Salmon.	1 lb.	1 ½ lbs.
HALIBUT STEAKS	One-inch steaks cut from the center, solid portion of ocean-fresh halibut.	1 lb.	2 lbs.
SWORDFISH STEAKS	Delicious, boneless, one-inch steaks. Guaranteed American Swordfish.	1 lb.	1 ¼ lbs.

BIRDS EYE POULTRY

PRODUCT AND SIZES	DESCRIPTION	BIRDS EYE WEIGHT	UNDRAWN WEIGHT
BROILERS 12 to 24 oz.	Tender, plump, young birds—completely cleaned, drawn, washed. Split down back. Wrapped giblets inside.	1 lb.	1 ½ lbs.

BIRDS EYE FRUITS AND BERRIES

PRODUCT	DESCRIPTION	SIZE OF PACKAGE	FREEDOM FROM WASTE
BLUEBERRIES	Hand-picked to insure finest, perfectly ripened berries. Hand-sorted to eliminate all imperfect ones.	11 oz.	In ordinary fruits there is much waste. This is because fresh fruit often travels great distances to market and part is spoiled before reaching the home. There is no waste in Birds Eye fruits and berries. Every bit is in perfect condition. It is not necessary to pick over, sort, or clean. Every ounce you buy reaches the table.
BOYSEN-BERRIES	A wonderfully flavored, big berry, practically seedless. A cross between a blackberry, loganberry, and raspberry.	13 oz.	
PEACHES	Orchard-ripe peaches, carefully selected. Peeled and sliced, with syrup added. All ready to serve.	16 oz.	
RED RASPBERRIES	Care in picking and packing results in perfect berries, with natural flavor and rich, red color.	13 oz.	
RHUBARB	Perfectly ripened, fine-flavored stalks—selected, cleaned, and cut in 1-inch lengths. Ready to cook.	14 oz.	
STRAW-BERRIES	Cleaned, hulled, sliced, and sugared—these sun-ripened berries have rich, red color and full flavor.	16 oz.	

BIRDS EYE SHELLFISH

PRODUCT	DESCRIPTION	BIRDS EYE WEIGHT	EQUIVALENT BEFORE PACKING
SCALLOPS	Tender, sweet, small scallops—average 25 to 35 in package.	12 oz.	1 pint
OYSTERS	Medium size, fine-flavored—average 20 to 24 in package. Ready to serve.	12 oz.	1 pint
SHRIMP	Uncooked, green, headed shrimp—average 20 to 24 in package.	12 oz.	¾ lb.

The above products and package sizes are subject to change from time to time.

COUNTRY STYLE FRYERS 1½ to 2½ lbs.	Plump, tender birds, cut in 10 pieces—thoroughly cleaned. Giblets wrapped separately. Ready for the pan.	2 lbs.	3 lbs.
ROASTING CHICKENS 2½ to 4½ lbs.	Full-breasted, plump, young birds—cleaned and drawn, pinfeathers removed. Ready to roast.	3 lbs.	4 lbs.
FOWL FOR FRICASSEE 2 lbs. 2½ oz. to 3¼ lbs.	Selected milk-fed fowl, plump, meaty, and tender—thoroughly cleaned and cut in 9 pieces. Ready to cook.	2½ lbs.	3¾ lbs.
TURKEYS 9 to 18 lbs.	Plump, extra-meaty, selected Northern birds—cleaned and drawn. Ready to stuff and roast.	9 lbs.	12 lbs.

All Birds Eye Poultry is U. S. Government Inspected.

BIRDS EYE MEATS

BEEF—All Birds Eye beef cuts are from selected fully developed, young corn-fed steers. Birds Eye beef is carefully aged to insure fine flavor and texture. It is trimmed of excess waste so that every ounce you buy reaches the table. Your Birds Eye Frosted Foods dealer will gladly help you to select the cut of beef you desire for any meal and you can be sure of getting guaranteed uniform quality always.

STEAKS: Sirloin . . . ½ inch thick, 1 inch thick bone-in, 1 inch thick boneless, and 1 ½ inch thick boneless. Tenderloin . . . 1 inch thick. Rump . . . 1 inch thick.

ROASTS: Sirloin, Rib, and Pot Roasts.

CHOPPED BEEF, CALVES' LIVER, BEEF FOR STEW, SUPPER STEAK.

LAMB—Only fully developed, selected, genuine spring lambs are used in packing Birds Eye cuts. You can be sure of the finest quality. Chops are wrapped separately and roasts come in various sizes to meet family requirements.

LAMB CHOPS, Loin and Rib; LAMB LEGS, Whole or Half; LAMB FOREQUARTER ROASTS; LAMB FOR STEW.

PORK—Birds Eye pork is selected from strictly fresh, grain-fed young pigs. Each cut is the finest quality, always guaranteed to satisfy.

PORK CHOPS, Center and End Cut; PORK LOIN ROASTS; SAUSAGE LINKS.

WHEN COMPARING PRICES, REMEMBER THAT ALL BIRDS EYE MEATS ARE TRIMMED AND EXCESS WASTE REMOVED, BEFORE YOU BUY.

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